





Wellness Activity Calendar January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>One Gov't Center– 1st Floor Conference Room BDD– Educare– 1932 Birchwood City of Toledo (COT) Engineering- 600 Jefferson Suite 300 CLC– 711 Adams St. EMS Training Facility– 2127 Jefferson</p>			1 * NO CLASS *	2 * NO CLASS *	3	4
5	<p>6 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15</p>	<p>7 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>8 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>9 BODY SCULPTING CLC - 12:00 - 1:00</p>		
12	<p>13 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15</p>	<p>14 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>15 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>16 BODY SCULPTING CLC - 12:00 - 1:00</p>	17	18
19	<p>20</p> <div style="text-align: center;">  <p>Martin Luther King, Jr. Day</p> </div>	<p>21 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>22 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>23 BODY SCULPTING CLC - 12:00 - 1:00</p>	24	25
26	<p>27 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15</p>	<p>28 YOGA–One Gov't Ctr 12:00 - 1:00</p>	<p>29 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15</p>	<p>30 BODY SCULPTING CLC - 12:00 - 1:00</p>	<p>31</p> <p><i>Sponsored by the Board of Lucas County Commissioners/ City of Toledo Employee Wellness Program</i></p> <p><i>Health Coaches 419-213-2088</i></p>	