
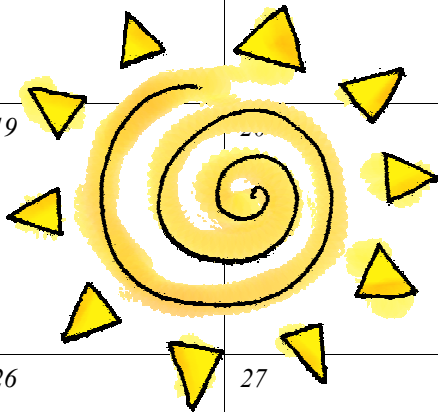




Wellness Activity Calendar

July 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 YOGA – Educare 12:00 - 1:00 NO CLASS @ CLC TODAY POUND– EMS 5:15 - 6:15</p>	<p>2 YOGA–One Gov’t Ctr 12:00 - 1:00</p>	<p>3 YOGA– COT Engineering 12 - 1 ZUMBA– EMS 5:15 - 6:15</p>	<p>4 </p>	<p>5 <i>Sponsored by the Board of Lucas County Commissioners/ City of Toledo Employee Wellness Program</i> <i>Health Coaches 419-213-2088</i></p>	<p>6</p>
7	<p>8 YOGA – Educare 12:00 - 1:00 NO CLASS @ CLC TODAY POUND– EMS 5:15 - 6:15</p>	<p>9 YOGA–One Gov’t Ctr 12:00 - 1:00</p>	<p>10 YOGA– COT Engineering 12 - 1 ZUMBA– EMS 5:15 - 6:15</p>	<p>11 NO CLASS @ CLC TODAY BODY SCULPTING One Gov 1st Floor Conf. Rm. 5:15 - 6:15</p>		
14	<p>15 YOGA – Educare 12:00 - 1:00 NO CLASS @ CLC TODAY POUND– EMS 5:15 - 6:15</p>	<p>16 YOGA–One Gov’t Ctr 12:00 - 1:00</p>	<p>17 YOGA– COT Engineering 12 - 1 ZUMBA– EMS 5:15 - 6:15</p>	<p>18 NO CLASS @ CLC TODAY BODY SCULPTING One Gov 1st Floor Conf. Rm. 5:15 - 6:15</p>		
21	<p>22 YOGA – Educare 12:00 - 1:00 NO CLASS @ CLC TODAY POUND– EMS 5:15 - 6:15</p>	<p>23 YOGA–One Gov’t Ctr 12:00 - 1:00</p>	<p>24 YOGA– COT Engineering 12 - 1 ZUMBA– EMS 5:15 - 6:15</p>	<p>25 BODY SCULPTING CLC - 12:00 - 1:00 BODY SCULPTING One Gov 1st Floor Conf. Rm. 5:15 - 6:15</p>	26	27
28	<p>29 YOGA – Educare 12:00 - 1:00 RIPPED– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15</p>	<p>30 YOGA–One Gov’t Ctr 12:00 - 1:00</p>	<p>31 YOGA– COT Engineering 12 - 1 ZUMBA– EMS 5:15 - 6:15</p>	<p>One Gov’t Center– 12th Floor Conf. Rm. B (Yoga) 1st Floor Conf. Rm (Body Sculpting) BDD– Educare– 1932 Birchwood City of Toledo (COT) Engineering–600 Jefferson Suite 300 CLC– 711 Adams St. EMS Training Facility– 2127 Jefferson</p>		