

January 2020- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Greer) 30		5:30 pm Yoga...for Every Body (45 min) Amie 1			8 am Trader Joes Tour (CANCELLED) 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60 min) Amie 12pm Men's Group (Bill) 4
5:30 pm Thinking Styles & Behavior (Greer) 6		5:30 pm Yoga...for Every Body (45 min) Amie 8			9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am Nutrition Class (Kathy) 11
5:30 pm Thinking Styles & Behavior (Greer) 13		5:30 Yoga...for Every Body (45 min) Amie 15		8 am Trader Joes Tour (Nicole) 17	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60 min) Amie 12pm Men's Group (Bill) 18
OFFICE CLOSED- MLK Day GROUP CX'D 20		5:30 pm Yoga...for Every Body (45 min) Amie 22			9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 25
5:30 pm Thinking Styles & Behavior (Greer) 27		5:30 pm Yoga...for Every Body (45 min) Amie 29			8 am Whole Foods Tour (Nicole) 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60 min) Amie 12pm Men's Group (Bill) 1