

JANUARY CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
						OFFICE CLOSED (LIMITED GROUPS) 7:30 am Reserved Group (Bill) 9 am Long-Term Weight Mgmt Support Group (Bill) 10 am Psychological Complexities in Wt Mgmt* (Bill) 11 am Psychological Complexities in Wt Mgmt* (Bill) 12pm Reserved Men's Group *(Bill)
27	5:30 pm Thinking Styles and Behavior (Greer) 28	5:30 pm Coping During COVID (Bill) 29	6:30 pm Seated Yoga for Every Body (Amie) 30	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 31		1
3	5:30 pm Thinking Styles and Behavior 4	5:30 pm Coping During COVID (Bill) 5	6:30 pm Seated Yoga for Every Body (Amie) 6	4:30 pm Fitness Class (Allison) 7		9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie) 8
10	5:30 pm Thinking Styles and Behavior (Greer) 11	5:30 pm Coping During COVID (Bill) 12	6:30 pm Seated Yoga for Every Body (Amie) 13	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 6:30 pm Long-Term Maintenance* (Bill) 14		7:30 am Reserved Group (Bill) 9 am Long-Term Weight Mgmt Support Group (Bill) 10 am Psychological Complexities in Wt Mgmt* (Bill) 11 am Psychological Complexities in Wt Mgmt* (Bill) 12pm Reserved Men's Group *(Bill) 12 pm Living Solo* (Michelle) 1 pm Yoga (Amie) 15
17	OFFICE CLOSED GROUP CANCELLED 18	5:30 pm Coping During COVID (Bill) 19	6:30 pm Seated Yoga for Every Body (Amie) 20	4:30 pm Fitness class (Allison) 21		9 am Long-Term Weight Mgmt Support Group (Greer) 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Nicole) 22
24	5:30 pm Thinking Styles and Behavior (Greer) 25	5:30 pm Coping During COVID (Bill) 26	6:30 pm Seated Yoga for Every Body (Amie) 27	4:30 pm Fitness Class (Allison) 5:30 pm Long-Term Maintenance* (Bill) 6:30 pm Long-Term Maintenance* (Bill) 28		7:30 am Reserved Group (Bill) 9 am Long-Term Weight Mgmt Support Group (Bill) 10 am Psychological Complexities in Wt Mgmt* (Bill) 11 am Psychological Complexities in Wt Mgmt* (Bill) 12pm Reserved Men's Group *(Bill) 12 pm Living Solo* (Michelle) 1 pm Yoga (Amie) 29
31						30