

# FEBRUARY CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
						9 am Long-Term Weight Mgmt Support Group (Greer) 11 am Coping During COVID* (Michelle) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie)
31	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill)	5:30 pm <b>(NEW Group)</b> Emotional Eating (Michelle) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness Class (Allison)		
7	5:30 pm Thinking Styles and Behavior	5:30 pm Coping During COVID (Bill)	5:30 pm Emotional Eating (Michelle) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 6:30 pm Preparing for Maintenance* (Bill)		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) 1 pm Seated Yoga for Every Body (Amie)
14	<b>OFFICE CLOSED GROUP CANCELLED</b>	5:30 pm Coping During COVID (Bill)	5:30 pm Emotional Eating (Michelle) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness Class (Allison)		9 am Long-Term Weight Mgmt Support Group (Greer) 11 am Coping During COVID* (Michelle) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie)
21	5:30 pm Thinking Styles and Behavior	5:30 pm Coping During COVID (Bill)	5:30 pm Emotional Eating (Michelle) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness Class (Allison) 5:30 pm Active Maintenance* (Bill) 6:30 pm Preparing for Maintenance* (Bill)		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) 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Kathy)
28	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill)	5:30 pm Emotional Eating (Michelle) 6:30 pm Seated Yoga for Every Body (Amie)	4:30 pm Fitness class (Allison)		9 am Long-Term Weight Mgmt Support Group (Greer) 11 am Coping During COVID* (Michelle) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie)