

APRIL CLASS & GROUP SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
						9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Michelle) CANCELLED 1 pm Seated Yoga for Every Body (Amie)
28	29	30	31	1	2	3
	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)		
4	5	6	7	8	9	10
	5:30 pm Thinking Styles and Behavior	5:30 pm Coping During COVID (Bill)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	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)
11	12	13	14	15	16	17
	5:30 pm Thinking Styles and Behavior	5:30 pm Coping During COVID (Bill) 6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	4:30 pm Fitness Class (Allison)		9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo 1 pm Seated Yoga for Every Body (Amie) 2 pm Nutrition Class (Kathy)
18	19	20	21	22	23	24
	5:30 pm Thinking Styles and Behavior	5:30 pm Coping During COVID (Bill) 6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	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)
25	26	27	28	29	30	1
	5:30 pm Thinking Styles and Behavior (Greer)	5:30 pm Coping During COVID (Bill) 6:30 pm Reserved Working Women (Greer & Michelle)	4 pm Seated Yoga for Every Body (Allison) 5:30 pm Emotional Eating (Michelle)	4:30 pm Fitness class (Allison)		9 am Long-Term Weight Mgmt Support Group (Greer) 12 pm Living Solo* (Michelle) 1 pm Seated Yoga for Every Body (Amie)