

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 1 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 2 9:30-10:30 Nutrition 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 3 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym | 4 9:30-10:30 Cooking 10-11:30 Gym 2-3 Cooking 2:30-4 Gym | 5 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym |
| 8 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 9 9:30-10:30 Nutrition 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 10 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym | 11 9:30-10:30 Cooking 10-11:30 Gym 2-3 Cooking 2:30-4 Gym | 12 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym |
| 15 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 16 9:30-11:00 Cooking 10-11:30 Gym 2-3:30 Cooking 2:30-4 Gym | 17 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym | 18 9:30-10:30 Nutrition 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 19 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym |
| 22 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 23 9:30-11:00 Cooking 10-11:30 Gym 2-3:30 Cooking 2:30-4 Gym | 24 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym | 25 10-11am Cooking at Jefferson <i>No morning nutrition at Niagara</i> 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 26 NO MEMBER WELLNESS Staff Development Day |
| 29 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 30 9:30-10:30 Nutrition 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym | 31 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym | | |