

December

2023

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5 Chair Yoga w/ resistance band 12:10pm- 12:40pm	6	7 Chair Yoga w/ resistance band 12:10pm- 12:40pm	8	9
10	11	12	13	14	15	16
17	18	19 Chair Yoga w/ resistance band 12:10pm- 12:40pm	20	21 Chair Yoga w/ resistance band 12:10pm- 12:40pm	22	23
24	25 Christmas	26	27	28	29	30
31	1	2	3	4	5	6

Notes:

Weight Loss Challenge sign up. Challenge will start in Feb.
