

Let us know you are coming! Please text/call the instructor to register for classes.  
 Registering the day before class is greatly appreciated.

## JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Inner Calm Yoga 9:30 - 10:20 Kelly <u>251-753-1937</u>  AHA PM Yoga 5:45 - 6:35 PM Ginny <u>251-623-4510</u>	15 Healthy Heart Yoga Kelly <u>251-753-1937</u>	16 Brain Boost Yoga 9:30 - 10:20 Kelly <u>251-753-1937</u>	17	18
19	20	21 Inner Calm Yoga 9:30 - 10:20 Kelly <u>251-753-1937</u>  AHA PM Yoga 5:45 - 6:35 PM Ginny <u>251-623-4510</u>	22 Healthy Heart Yoga Kelly <u>251-753-1937</u>	23 Brain Boost Yoga 9:30 - 10:20 Kelly <u>251-753-1937</u>	24	25 Level I Reiki Class 9-12 Kelly <u>251-753-9137</u>
26	27 <b>Massage School PM            class begins!</b>  Text/call Kelly <u>251-753-1937</u> for details & application	28 Inner Calm Yoga 9:30 - 10:20 Kelly <u>251-753-1937</u>  AHA PM Yoga 5:45 - 6:35 PM Ginny <u>251-623-4510</u>	29 Healthy Heart Yoga Kelly <u>251-753-1937</u>	30 Brain Boost Yoga 9:30 - 10:20 Kelly <u>251-753-1937</u>	31	1 Level I Reiki Class 9-12 Kelly <u>251-753-9137</u>