




Wellness Activity Calendar August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BODY SCULPTING CLC - 12:00 - 1:00	2	3
	One Gov't Center – 12th Floor Conf. Rm. B (Yoga) BDD– Educare – 1932 Birchwood City of Toledo (COT) Engineering –600 Jefferson Suite 300 CLC – 711 Adams St. EMS Training Facility – 2127 Jefferson					
4	5 YOGA – Educare 12:00 - 1:00 RIPPED – CLC 12:00 - 1:00 POUND – EMS 5:15 - 6:15	6 YOGA –One Gov't Ctr 12:00 - 1:00	7 YOGA – COT Engineering 12 - 1:00 ZUMBA – EMS 5:15 - 6:15	8 BODY SCULPTING CLC - 12:00 - 1:00	9	10
11	12 YOGA – Educare 12:00 - 1:00 RIPPED – CLC 12:00 - 1:00 POUND – EMS 5:15 - 6:15	13 YOGA –One Gov't Ctr 12:00 - 1:00	14 YOGA – COT Engineering 12 - 1:00 ZUMBA – EMS 5:15 - 6:15	15 BODY SCULPTING CLC - 12:00 - 1:00	16	17
18	19 YOGA – Educare 12:00 - 1:00 *NO CLASS @ CLC TODAY* POUND – EMS 5:15 - 6:15	20 YOGA –One Gov't Ctr 12:00 - 1:00	21 YOGA – COT Engineering 12 - 1:00 ZUMBA – EMS 5:15 - 6:15	22 BODY SCULPTING CLC - 12:00 - 1:00	23	
25	26 YOGA – Educare 12:00 - 1:00 RIPPED – CLC 12:00 - 1:00 POUND – EMS 5:15 - 6:15	27 YOGA –One Gov't Ctr 12:00 - 1:00	28 YOGA – COT Engineering 12 - 1:00 ZUMBA – EMS 5:15 - 6:15	29 BODY SCULPTING CLC - 12:00 - 1:00	30	31
						
					<p>Sponsored by the Board of Lucas County Commissioners/ City of Toledo Employee Wellness Program</p> <p>Health Coaches 419-213-2088</p>	