





Wellness Activity Calendar

March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	3 YOGA–One Gov’t Ctr 12:00 - 1:00	4 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15	5 BODY SCULPTING CLC - 12:00 - 1:00	6	7
8	9 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	10 YOGA–One Gov’t Ctr 12:00 - 1:00	11 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15	12 BODY SCULPTING CLC - 12:00 - 1:00		
15	16 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	17 YOGA–One Gov’t Ctr 12:00 - 1:00 	18 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15	19 BODY SCULPTING CLC - 12:00 - 1:00		
22	23 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	24 YOGA–One Gov’t Ctr 12:00 - 1:00	25 YOGA– COT Engineering 12 - 1:00 ZUMBA– EMS 5:15 - 6:15	26 BODY SCULPTING CLC - 12:00 - 1:00	27 <i>Sponsored by the Board of Lucas County Commissioners/ City of Toledo Employee Wellness Program</i> <i>Health Coaches 419-213-2088</i>	
29	30 YOGA – Educare 12:00 - 1:00 CARDIO/TONE– CLC 12:00 - 1:00 POUND– EMS 5:15 - 6:15	31 YOGA–One Gov’t Ctr 12:00 - 1:00		One Gov’t Center – 1st Floor Conference Room BDD– Educare – 1932 Birchwood City of Toledo (COT) Engineering - 600 Jefferson Suite 300 CLC – 711 Adams St. EMS Training Facility – 2127 Jefferson		