

February Open Gym 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 8:00am-12:00pm 1:00pm-4:30pm	4 8:00am-12:00pm 1:00pm-4:30pm <u>Sit & Be Fit 2pm</u>	5 9:00am-12:00pm 1:00pm-4:30pm	6 8:00am-12:00pm 1:00pm-4:30pm <u>Chair Yoga/</u> <u>Stretching 3pm</u>	7 8:00am-11:00am	8
9	10 8:00am-12:00pm 1:00pm-4:30pm	11 8:00am-12:00pm 1:00pm-4:30pm <u>Sit & Be Fit 2pm</u>	12 9:00am-12:00pm 1:00pm-4:30pm <u>Smoothie Day:</u> <u>12:15pm</u>	13 8:00am-12:00pm 1:00pm-4:30pm <u>Chair Yoga/</u> <u>Stretching 3pm</u>	14 8:00am-11:00am	15
16	17 8:00am-12:00pm 1:00pm-4:30pm	18 8:00am-11:30am 1:00pm-4:30pm <u>Sit & Be Fit 2pm</u>	19 9:00am-12:00pm 1:00pm-4:00pm Cooking Class @ 4pm	20 8:00am-12:00pm 1:00pm-4:30pm <u>Chair Yoga/</u> <u>Stretching 3pm</u>	21 8:00am-11:00am	22
23	24 8:00am-12:00pm 1:00pm-4:30pm	25 8:00am-12:00pm 1:00pm-4:30pm <u>Sit & Be Fit 2pm</u>	26 9:00am-12:00pm 1:00pm-4:30pm	27 8:00am-12:00pm 1:00pm-4:30pm <u>Chair Yoga/</u> <u>Stretching 3pm</u>	28 8:00am-11:00am	

- Smoothie Day takes place in the Training kitchen next to the Wellness Center. You'll get a free sample & a healthy recipe! First come first serve for samples
- Cooking Class this month we will be making overnight oats and homemade hummus! You get to take home what you make! You must be a patient & signed up to join this class, please call 563-690-2883 or email cjorgensen@crescentchc.org to sign up

