




# Wellness Activity Calendar

## September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>CLC</b>– Conference &amp; Learning Center 711 Adams St. <b>EMS Training Facility</b>– 2127 Jefferson <b>JFS</b>– 3210 Monroe St– Toledo Room <b>BDD Lott-Hill</b>– 3350 Hill Ave.</p>			<p>1 <b>ZUMBA/CARDIO</b> EMS—5:15-6:15 <b>YOGA</b>– JFS 11:30-12:00 &amp; 12:05-12:35</p>	<p>2 <b>BODY SCULPTING</b> CLC –12:00-1:00 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	3	4
5	<p>6 <b>** NO CLASSES**</b> <b>LABOR DAY</b></p>	<p>7 <b>KICKBOXING</b>– CLC 12:00–1:00 <b>BODY SCULPTING</b>– 11:30-12:00 &amp; 12:05– 12:35</p>	<p>8 <b>ZUMBA/CARDIO</b> EMS—5:15-6:15 <b>YOGA</b>– JFS 11:30-12:00 &amp; 12:05-12:35</p>	<p>9 <b>BODY SCULPTING</b> CLC –12:00-1:00 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	10	11
12	<p>13 <b>TURBOKICK</b>- EMS—5:15-6:15 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	<p>14 <b>KICKBOXING</b>– CLC 12:00–1:00 <b>BODY SCULPTING</b>– JFS- 11:30-12:00 &amp; 12:05– 12:35</p>	<p>15 <b>ZUMBA/CARDIO</b> EMS—5:15-6:15 <b>YOGA</b>– JFS 11:30-12:00 &amp; 12:05-12:35</p>	<p>16 <b>BODY SCULPTING</b> CLC –12:00-1:00 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	17	18
19	<p>20 <b>TURBOKICK</b>- EMS—5:15-6:15 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	<p>21 <b>KICKBOXING</b>– CLC 12:00–1:00 <b>BODY SCULPTING</b>– 11:30-12:00 &amp; 12:05– 12:35</p>	<p>22 <b>ZUMBA/CARDIO</b> EMS—5:15-6:15 <b>YOGA</b>– JFS 11:30-12:00 &amp; 12:05-12:35</p>	<p>23 <b>**FALL**</b> <b>BODY SCULPTING</b> CLC –12:00-1:00 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	<p>24 </p>	25
26	<p>27 <b>TURBOKICK</b>- EMS—5:15-6:15 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	<p>28 <b>KICKBOXING</b>– CLC 12:00–1:00 <b>BODY SCULPTING</b>– 11:30-12:00 &amp; 12:05– 12:35</p>	<p>29 <b>ZUMBA/CARDIO</b> EMS—5:15-6:15 <b>YOGA</b>– JFS 11:30-12:00 &amp; 12:05-12:35</p>	<p>30 <b>BODY SCULPTING</b> CLC –12:00-1:00 <b>ZUMBA</b>- BDD-Lott–Hill Ave– 4:45-5:45</p>	<p><b>Sponsored by the</b> <b>Board of Lucas County Commissioners</b> <b>Employee Wellness Program</b> Health Coaches 419-213-2088</p>	