

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7	8	9	10	11	12
WellBeingMD Winter Calendar		4:30p: Functional Fitness w...	10:30a: Zumba Gold with Chri... 7:00p: A Recipe for a Healt...	4:30p: Functional Fitness w...		
13	14	15	16	17	18	19
	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...	4:30p: Functional Fitness w... 6:00p: Functional Fitness w...	10:30a: Zumba Gold with Chri... 7:00p: Free Introduction to...	4:30p: Functional Fitness w... 6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...	8:30a: ReMELT Class with Sa...	
20	21	22	23	24	25	26
January 2013	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...	4:30p: Functional Fitness w... 6:00p: Functional Fitness w... 7:30p: Free Melt Intro Clas...	10:30a: Zumba Gold with Chri... 4:00p: Sound Life Yoga - In... 7:00p: RoadMap to Wellness ...	4:30p: Functional Fitness w... 6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...		10:00a: RoadMap to Wellness ...
	27	28	29	30	31	1
	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...	4:30p: Functional Fitness w... 6:00p: Functional Fitness w...	10:30a: Zumba Gold with Chri... 4:00p: Sound Life Yoga - In...	4:30p: Functional Fitness w... 6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...	7:00p: MELT Intro Workshop ...	10:00a: RoadMap to Wellness ...
3	4	5	6	7	8	9
	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...	4:30p: Functional Fitness w... 6:00p: Functional Fitness w...	10:30a: Zumba Gold with Chri... 4:00p: Sound Life Yoga - In...	4:30p: Functional Fitness w... 6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...		10:00a: RoadMap to Wellness ...
10	11	12	13	14	15	16
February 2013	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...	4:30p: Functional Fitness w... 6:00p: Functional Fitness w...	10:30a: Zumba Gold with Chri... 4:00p: Sound Life Yoga - In...	4:30p: Functional Fitness w... 6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...	9:00a: Melt Intro Class wit...	10:00a: RoadMap to Wellness ...
	17	18	19	20	21	22
	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...	4:30p: Functional Fitness w... 6:00p: Functional Fitness w... 7:00p: Melt Intro Class wit...	4:00p: Sound Life Yoga - In...	4:30p: Functional Fitness w... 6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...		10:00a: RoadMap to Wellness ...
24	25	26	27	28	1	2
March 2013	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...	4:30p: Functional Fitness w... 6:00p: Functional Fitness w...	4:00p: Sound Life Yoga - In...	4:30p: Functional Fitness w... 6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...		10:00a: RoadMap to Wellness ...
	3	4	5	6	7	8
	10:00a: Harmony Qigong with ... 7:00p: Harmony Qigong with ...		4:00p: Sound Life Yoga - In...	6:00p: Sound Life Yoga - Be... 7:30p: Sound Life Yoga - Ad...		10:00a: RoadMap to Wellness ...

Monday

1/14 thru 3/4

Qigong – 10:00 a.m. – Dee Burton

Qigong - 7:00 p.m. – Bill Nielsen

8 weeks = \$80 \$12 Drop-In Fee

Tuesday

Ongoing **Functional Fitness**

With Agne Doniela

4:30 – 5:30 p.m. and 6:00 – 7:00 p.m.

4 weeks = \$48 \$15 Drop-In Fee

Wednesday

Zumba Gold/Chris Duba

1/9 thru 2/13 - 10:30 a.m.

6 weeks = \$30 \$7.00 Drop-In Fee

Class will resume after 6 week run.

Ongoing **Sound Life Yoga**

Intermediate w/Lindsay Foreman

4:00 – 5:00 p.m.

10 Class Punch Card = \$100

\$12 Drop-In Fee

Thursday

Ongoing **Functional Fitness**

with Agne Doniela 4:30 – 5:30 p.m.

4 weeks = \$48 \$15 Drop-In Fee

Ongoing **Sound Life Yoga**

Beginning w/Lindsay Foreman

6:00 – 7:15 p.m.

10 Class Punch Card = \$100

\$12 Drop-In Fee

Ongoing **Sound Life Yoga**

Intermediate/Advanced

w/Lindsay Foreman

7:30 – 8:45 p.m.

10 Class Punch Card = \$100

\$12 Drop-In Fee

Special Classes

Find **MELT Method** Classes

on Tuesday/Friday

RoadMap to Wellness 1.0

Intro – Jan 23 and 26

6 Week Winter Saturday Classes

10:00 a.m. – Feb. 2 – March 9

WellBeingMD® , LTD - Center for Life

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