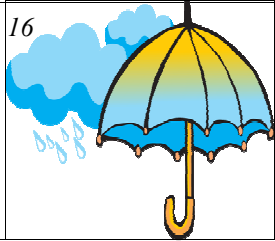




# Wellness Activity Calendar

## April 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>CLC</b>– 711 Adams St.  <b>EMS Training Facility</b>– 2127 Jefferson  <b>BDD Lott-Hill</b>– 3350 Hill Avenue  <b>Justice Block</b>– 1100 Jefferson</p>						
<div style="border: 1px solid black; padding: 10px; background-color: #e0e0e0;"> <p><b>NEW IN APRIL:</b>  <b>Tai Chi @ Justice Block-Wednesdays 12:00-1:00 PM</b>  <b>Zumba @ BDD Lott Hill Ave.-Thursdays 4:45-5:45 PM</b></p> </div>						
3	4 <i>CARDIO– CLC</i> 12:00–1:00 <i>ZUMBA- EMS</i> 5:15-6:15	5 <i>YOGA– CLC</i> 12:00-1:00	6 <i>TAI CHI–</i> <i>JUSTICE BLOCK</i> 12:00-1:00 <i>ZUMBA– EMS</i> 5:15-6:15	7 <i>BODY SCULPTING</i> CLC -12:00-1:00 <i>ZUMBA– BDD HILL</i> 4:45-5:45	8	9
10	11 <i>CARDIO– CLC</i> 12:00–1:00 <i>ZUMBA- EMS</i> 5:15-6:15	12 <i>YOGA– CLC</i> 12:00-1:00	13 <i>TAI CHI–</i> <i>JUSTICE BLOCK</i> 12:00-1:00 <i>ZUMBA– EMS</i> 5:15-6:15	14 <i>BODY SCULPTING</i> CLC -12:00-1:00 <i>ZUMBA– BDD HILL</i> 4:45-5:45	15	16 
17	18 <i>CARDIO– CLC</i> 12:00–1:00 <i>ZUMBA- EMS</i> 5:15-6:15	19 <i>YOGA– CLC</i> 12:00-1:00	20 <i>TAI CHI–</i> <i>JUSTICE BLOCK</i> 12:00-1:00 <i>ZUMBA– EMS</i> 5:15-6:15	21 <i>BODY SCULPTING</i> CLC -12:00-1:00 <i>ZUMBA– BDD HILL</i> 4:45-5:45	22	23
24	25 <i>CARDIO– CLC</i> 12:00–1:00 <i>ZUMBA- EMS</i> 5:15-6:15	26 <i>YOGA– CLC</i> 12:00-1:00	27 <i>TAI CHI–</i> <i>JUSTICE BLOCK</i> 12:00-1:00 <i>ZUMBA– EMS</i> 5:15-6:15	28 <i>BODY SCULPTING</i> CLC -12:00-1:00 <i>ZUMBA– BDD HILL</i> 4:45-5:45	29 <i>Sponsored by the</i> <b>Board of Lucas County Commissioners</b> <b>Employee Wellness Program</b> <i>Health Coaches 419-213-2088</i>	30