



EXERCISE DURING THE HOLIDAYS FITNESS CALENDAR 2018/2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Pickleball, 7am to Noon, ACWC</p> <p>Yoga, 8:30am Roots Yoga</p> <p>Chair Yoga, 9:00am ACWC</p>	<p>Individual Health Coaching 8-11am Bellin Health, Algoma</p> <p>Yoga, 8:30am Roots Yoga</p>	<p>Pickleball, 7am to Noon, ACWC</p> <p>Joyous Joints, 11:15am ACWC</p> <p>Friends & Fiber, 3:30pm ACWC</p> <p>Yoga, 6:00pm Roots Yoga (January Only)</p>	<p>Yoga, 8:30am Roots Yoga</p> <p>Individual Health Coaching 11-1pm ACWC</p> <p>Pain & Injury Consultations, 12-2pm ACWC</p>	<p>Pickleball, 7am to Noon, ACWC</p> <p>Chair Aerobics, 9:00am ACWC</p> <p>Joyous Joints, 11:15am ACWC</p>	

* No Roots Yoga Classes December 24-January 1. [Roots Yoga](#), 400 2nd Street [Calendar](#)

* ACWC = [Algoma Community Wellness Center](#), 1715 Division Street

ICE RINK at PETERSON PARK- Check [Facebook](#) or call 920-487-5480



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