

JANUARY

WELLNEST

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08 Body-centered relaxation Angie 6pm - 7pm	09 Intro to Yogurt Making Sarah 6pm - 7pm	10 Yoga Nicole 8am - 9am	11	12 The Art of Vision (Phase I) Tish 6pm - 7:30pm	13 Self-massage Angie 9am-12pm
14	15 Body-centered relaxation Angie 6pm - 7pm	16 Nia Suzy 6pm - 7:15pm	17 Yoga Nicole 8am - 9am	18	19 The Art of Vision (Phase I) Tish 6pm - 7:30pm	20
21	22 Body-centered relaxation Angie 6pm - 7pm	23 Nia Suzy 6pm-7:15pm	24 Yoga Nicole 8am - 9am Winter Vitality Tish 6pm - 8pm	25	26 The Art of Vision (Phase I) Tish 6pm - 7:30pm	27
28	29 Body-centered relaxation Angie 6pm - 7pm	30 Nia Suzy 6pm - 7:15pm	31 Yoga Nicole 8am - 9am			

For more information visit www.wellnestvt.com
 To register for classes visit www.stalbansvt.myrec.com

WELTNES

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02 Yoga Nicole 6pm - 7pm	03 Explore Hard'ack on Snowshoes Sarah 1pm - 3pm
04	05 Body-centered Relaxation Angie 6pm - 7pm	06 Nia Suzy 6pm - 7:15pm	07 Healthy Winter Soups Sarah 6pm - 7pm	08	09 Yoga Nicole 6pm - 7pm	10 The Art of Vision Tish 9am - 11am
11	12 Body-centered Relaxation Angie 6pm - 7pm	13 Nia Suzy 6pm - 7:15pm	14 Winter Vitality for Women Tish 6pm - 8pm	15	16 Yoga Nicole 6pm - 7pm	17 Nourished: A two- part retreat Tish 9am - 11am
18	19 You Are What You Eat Shawndra 6pm - 7pm	20 Nia Suzy 6pm - 7:15pm	21	22	23 Yoga Nicole 6pm - 7pm	24 Nourished: A two- part retreat Tish 9am - 11am
25	26	27	28			

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MARCH

WELLNEST

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06	07	08	09	10
11	12	13 Restart Shawndra 6pm - 7:30pm	14	15	16	17
18	19	20 Restart Shawndra 6pm - 7:30pm	21	22	23	24
25	26	27 Restart Shawndra 6pm - 7:30pm	28	29	30	31

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TESTS

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Restart

Shawndra

6pm - 7:30pm

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APRIL