

**January
2019
North Wing**

Free Range Yoga and Community Wellness Center

North Wing - 122 N Lafayette Street - Macomb Square
www.freerangeyoga.us



Sunday	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
Drop in for \$12/class On Facebook: Free Range Yoga Questions? Contact Kindra 309-333-6703 or kindramartin4@gmail.com or Dawn 309-333- 5069 or dawn@freerangeyoga.us		*No Classes 	10:30am: Older Adult Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	7:00am: Strength Blast 12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training	8:00am: Strength Blast
6	7	8	9	10	11	12
AM		7:00am: Strength Blast		7:00am: Strength Blast		8:00am: Strength Blast
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Older Adult Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training	
13	14 Registration	15	16	17	18	19
AM		7:00am: Strength Blast		7:00am: Strength Blast		8:00am: Strength Blast
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Older Adult Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training	
20	21	22	23 Registration Ends	24	25	26
AM		7:00am: Strength Blast		7:00am: Strength Blast		8:00am: Strength Blast
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Older Adult Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	12:15: Cross Training	
27	28	29	30	31		
AM		7:00am: Strength Blast		7:00am: Strength Blast		
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Older Adult Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training		<i>Your time: Personal Training - Contact Kindra! \$30/hour</i>