

**January  
2019  
South Wing**

# Free Range Yoga and Community Wellness Center

South Wing - 118 N Lafayette Street - Macomb Square  
[www.freerangeyoga.us](http://www.freerangeyoga.us)



Sunday		Monday		Tuesday 1		Wednesday 2		Thursday 3		Friday 4		Saturday 5		
<b>Drop in for \$12/class</b> <b>On Facebook: Free Range Yoga</b> <b>Questions? Contact the teacher or Dawn</b> 309- <b>333-5069 or email dawn@freerangeyoga.us</b>				*No Classes 		12:05pm: FREE! Tai Chi/ Qigong <i>*Donations Accepted for            Loaves &amp; Fishes Food Pantry</i>		10:00am: Chair Yoga  5:15pm: Yoga for All		9:00am: Body Works 10:00am: Mighty Yoga				
6		7		8		9		10		11		12		
AM			10:30am: Chi Flow 12:05pm: Tai Chi/Qigong		9:00am: Body Works 10:00am: Chair Yoga		10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong		10:00am: Chair Yoga		9:00am: Body Works 10:00am: Mighty Yoga			
PM	5:20pm: Free! Zumba Mini 5:30pm: Zumba		5:15pm: Yoga for All		5:30pm: Zumba		5:15pm: Yoga for All				5:00pm: Swing Dance Boot Camp/Date Night <i>*Contact Jeremiah</i>			
13		14 <b>Registration</b>		15		16		17		18		19		
AM			9:00am: Body Works 10:00am: Chair Yoga 12:05pm: Tai Chi/Qigong		8:30am: Chi Flow 10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong		10:00am: Chair Yoga		9:00am: Body Works 10:00am: Mighty Yoga		10:00am - 12:00pm: Yoga and Qigong Class <i>*Combined class with Dawn            and Bill</i>			
PM	5:20pm: Free! Zumba Mini 5:30pm: Zumba		5:15pm: Yoga for All 6:30pm: Flow & Stretch		5:30pm: Zumba		5:15pm: Yoga for All 6:30pm: Flow & Stretch							
20		21		22		23 <b>Registration Ends</b>		24		25		26		
AM			9:00am: Body Works 10:00am: Chair Yoga		10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong		10:00am: Chair Yoga		9:00am: Body Works 10:00am: Mighty Yoga					
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27		28		29		30		31						
AM			9:00am: Body Works 10:00am: Chair Yoga		10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong		10:00am: Chair Yoga		<u>Dawn's Online Yoga Classes</u> <i>Yoga anytime \$19.99/mo.  <a href="http://freerangeyoga.us/online">freerangeyoga.us/online</a></i>		<u>Improve how you move!</u> <i>Schedule a Yoga Therapy            session with Dawn today!</i>			
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