






Wellness Activity Calendar June 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Sponsored by the Board of Lucas County Commissioners/ City of Toledo Employee Wellness Program</i> <i>Health Coaches 419-213-2088</i>
2	3 YOGA – Educare 12:00 - 1:00 RIPPED – CLC 12:00 - 1:00 POUND – EMS 5:15 - 6:15	4 YOGA –One Gov’t Ctr 12:00 - 1:00	5 YOGA – COT Engineering 12 - 1 ZUMBA – EMS 5:15 - 6:15	6 BODY SCULPTING CLC - 12:00 - 1:00 BODY SCULPTING One Gov 1st Floor Conf. Rm. 5:15 - 6:15	7	8
9	10 YOGA – Educare 12:00 - 1:00 NO CLASS @ CLC TODAY POUND – EMS 5:15 - 6:15	11 YOGA –One Gov’t Ctr 12:00 - 1:00	12 YOGA – COT Engineering 12 - 1 ZUMBA – EMS 5:15 - 6:15	13 BODY SCULPTING CLC - 12:00 - 1:00 BODY SCULPTING One Gov 1st Floor Conf. Rm. 5:15 - 6:15		
	17 YOGA – Educare 12:00 - 1:00 NO CLASS @ CLC TODAY POUND – EMS 5:15 - 6:15	18 YOGA –One Gov’t Ctr 12:00 - 1:00	19 YOGA – COT Engineering 12-1 ZUMBA – EMS 5:15 - 6:15	20 NO CLASS @ CLC TODAY BODY SCULPTING One Gov 1st Floor Conf. Rm. 5:15 - 6:15		
23	24 YOGA – Educare 12:00 - 1:00 RIPPED – CLC 12:00 - 1:00 POUND – EMS 5:15 - 6:15	25 YOGA –One Gov’t Ctr 12:00–1:00	26 YOGA – COT Engineering 12-1 ZUMBA – EMS 5:15 - 6:15	27 BODY SCULPTING CLC - 12:00 - 1:00 BODY SCULPTING One Gov 1st Floor Conf. Rm. 5:15 - 6:15	28	29
30						