



February 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
M GROUP CENTERGY
 LAUNCH at 5:30am!
Kids Yoga Begins
 4:30pm
 with Nanci

2
M GROUP CORE
 LAUNCH at 8:35am!
M GROUP CENTERGY
 LAUNCH at 10:15am!

3
M GROUP CORE
 LAUNCH at 9:05am!

4
M GROUP ACTIVE
 LAUNCH at 9:35am!

5
M GROUP ACTIVE
 LAUNCH at 5:30pm!

6

7

M GROUP ACTIVE
 LAUNCH at 11:45am
 Community Yoga
 from 7:00-8:15pm
 with Mary

9

1 0
Restorative Aerial Workshop**
 2-3:30pm with Mary



1 2
 Complimentary Ballroom
 8-8:45pm
 with Olga

1 3

1 4
 Happy Valentine's Day

1 5
Mystical Healing Sound**
 with Pavla
 6:30-8:00pm

1 6

1 7

1 8
FREE Living with Diabetes Support- Education at 9am



1 9

2 0

2 1

2 2
Aerial Night Out!**
 6:30pm
 with Mary

2 3

2 4

2 5

2 6

Complimentary Ballroom
 8-8:45pm
 with Olga

2 7

2 8