

Depression Awareness Month

2013

December

Locations

Training Solutions Location
St. Johns Military Academy
Beaver Lake

ID=Indoors OD=Outdoors

S M T W T F S

1	2 8:00 AM Tai Chi ID 6:30 PM Cardio ID	3 7:00 AM Yoga ID	4 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	5 12:00 PM Bands ID 7:00 PM Lifting ID	6	7 End of Session 8
8	9 8:00 AM Tai Chi ID 6:30 PM Cardio ID	10 7:00 AM Yoga ID	11 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	12 12:00 PM Bands ID 7:00 PM Lifting ID	13	14
15	16 8:00 AM Tai Chi ID 6:30 PM Cardio ID	17 7:00 AM Yoga ID	18 6:00 AM Bands ID 11:00 AM Paddle Board ID 5:30 PM Yoga ID 6:30 AM Strength ID	19 12:00 PM Bands ID 7:00 PM Lifting ID	20	21
22	23 8:00 AM Tai Chi ID 6:30 PM Cardio ID	24 7:00 AM Yoga ID	25 Christmas	26 12:00 PM Bands ID 7:00 PM Lifting ID	27	28
29	30 8:00 AM Tai Chi ID 6:30 PM Cardio ID	31 7:00 AM Yoga ID	1 New Years Day	2 12:00 PM Bands ID 7:00 PM Lifting ID	3	4