

American Diabetes Awareness Month

2013

November

Locations

[Trainging Solutions Location](#)
[St. Johns Military Academy](#)
[Beaver Lake](#)

ID=Indoors OD=Outdoors

S M T W T F S

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