



January 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1 Side-by-Side Closed New Years Day	2	3 Adapted Yoga 10:30-11:30 Advanced Tai Chi 11:45-12:30	4 Qi Gong 9:45-10:30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Pilates 2:00-2:45	5 Yoga 10:15-11:30	6/7
8 Qi Gong 9:45-10:30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30	9 Yoga 7:45-9:00	10 Adapted Yoga 10:30-11:30 Advanced Tai Chi 11:45-12:30	11 Qi Gong 9:45-10:30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Pilates 2:00-2:45	12 Yoga 10:15-11:30	13/14
15 Side-by-Side Closed MLK, Jr. Day	16 Yoga 7:45-9:00 Reiki Call 545-7493 to schedule appt.	17 Adapted Yoga 10:30-11:30 Advanced Tai Chi 11:45-12:30	18 Qi Gong 9:45-10:30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Pilates 2:00-2:45	19 Yoga 10:15-11:30	20/21
22 Qi Gong 9:45-10:30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30	23 Yoga 7:45-9:00	24 Adapted Yoga 10:30-11:30 Advanced Tai Chi 11:45-12:30 WAY 5:00-6:00	25 Qi Gong 9:45-10:30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30 Pilates 2:00-2:45	26 Yoga 10:15-11:30 SPOHNC 1:00 (Head & Neck Cancer Support Group)	27/28
29 Qi Gong 9:45-10:30 Fitness 4 U 10:45-11:30 Tai Chi 11:45-12:30	30 Yoga 7:45-9:00	31 Adapted Yoga 10:30-11:30 Advanced Tai Chi 11:45-12:30			

Side-by-Side is a FREE program open to anyone affected by cancer, their families, and caregivers.
Call 545-7493 for more information.

Stop by to use the wellness program’s electric massage chair, treadmill, Nordic Track or to read our educational materials.



(Please avoid visiting while classes are in session)

