

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 Closed Have a Safe Labor Day!	3 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	4 Wellness Wednesday 8-11am Ask the RN 11am-3pm	5 Body FIT 10-10:45am CST 11:00-11:30am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	6 Yoga w/Lisa 9-10am Ask the RN 10am-4pm	7
CLOSED SUNDAYS	9 9am-4pm Ask the RN	10 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	11 Wellness Wednesday 8-11am Ask the RN 11am-3pm Amputee Support 6pm	12 Body FIT 10-10:45am CST 11:00-11:30am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	13 Yoga w/Lisa 9-10am	14
	16 9am-3pm Ask the RN Body FIT 10-10:45am	17 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am	18 Wellness Wednesday 8-11am Ask the RN 11am-3pm	19 Body FIT 10-10:45am CST 11:00-11:30am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	20 * Make & Take	21
	23 9am-4pm Ask the RN Body FIT 10-10:45am	24 Yoga w/Cheryl 9-10am CHY 10:30-11:00am CST 11-11:30am Safety 1st (car seat safety) 7-9pm	25 Wellness Wednesday 8-11am Ask the RN 11am-3pm Hello Baby! 7-9pm	26 Body FIT 10-10:45am CST 11:00-11:30am CST 2:00-2:30pm CHY 2:45-3:15pm Yoga w/Cheryl 3:45-4:45pm	27 Yoga w/Lisa 9-10am * Make & Take	28
	30 9am-4pm Ask the RN Body FIT 10-10:45am					

Low Cost

YWL - Yoga w/ Lisa
YWC - Yoga w/Cheryl
Body FIT – BF
* Make & Take
Wellness Wednesday
* Childbirth Education

Free

Chair Yoga - CHY
Chair Strength - CST
Ask the RN
*SafeTalk Training
Amputee Support

* These Classes Require Pre-Registration



A Service of Charlevoix Hospital

411 Bridge Street, Charlevoix
Call 231-437-3482 for information
email: CHX-WellnessWorkshop@mhc.net