

**Maria's Monthly Challenge:
SPRING CLEAN YOUR LIFE!**

Qi Gong with Maria

Certified Health Coach
and Qi Gong Instructor
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MARCH 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 12:00SM	4 11:00SR	5 6:00SR	6	7 9:30 GS
8	9	10 6:30CL	11 11:00SR	12 6:00SR	13	14 9:30 GS
15	16	17 12:00SM	18 11:00SR	19 6:00SR	20	21 9:30 GS
22	23 6:00 SALT DEN	24 12:00SM	25 11:00SR	26 6:00SR	27	28 9:30 GS
29	30	31 12:00SM	1 11:00SR	2 6:00SR	3	4 9:30 GS

**WEEKDAY CLASS TIMES ARE PM EXCEPT FOR
WEDNESDAYS WHICH ARE @ 11AM**

SM = Spa Mirabeau at Crossgates Mall (upper level, next to Macy's) - Must purchase a DAY PASS or have a SPA appointment booked that day to attend class

SR = Shaker Road Loudonville Fire Department, 550 Albany Shaker Rd, Loudonville, 12211 (\$10 per class or \$75 for 10)

GS = Good Shepherd Lutheran Church, 510 Albany Shaker Road, Loudonville, 12211 (\$10 per class or \$75 for 10)

CL = Colonie Library, 629 Albany Shaker Road, Loudonville, 12211 (FREE)

SALT DEN = 654 Watervliet Shaker Road, Latham, 12110 (\$35 - SIGN UP - SPOTS ARE LIMITED)