

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

Qi Gong with Maria

Certified Health Coach
and Qi Gong Instructor
518-629-5800
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MARCH 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	12:00SM	11:00SR	6:00SR		9:30 GS
8	9	12:00SM 6:30CL	11:00SR	6:00SR		9:30 GS
15	16	12:00SM	11:00SR	6:00SR		9:30 GS
22	23 6:00 SALT DEN	12:00SM	11:00SR	6:00SR		9:30 GS
29	30	12:00SM				
		31	1	2	3	4

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

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- 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)