

October 2020

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			I	2	3
			6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
			4:00-5:00pm Functional Fitness		
5	6	7	8	9	10
9:00-10:15am Very Gentle Flow Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga		6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
4:00-5:00pm Functional Fitness 6:00-8:00pm Honor Your Health Program		6:00-7:00pm Monthly Yoga Nidra	4:00-5:00pm Functional Fitness		
Indigenous Peoples' Day 12	13	14	15	16	17
No Very Gentle Flow Yoga or Functional Fitness Classes	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
6:00-8:00pm Honor Your Health Program			Functional Fitness		
19	20	21	22	23	24
9:00-10:15am Very Gentle Flow Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
4:00-5:00pm Functional Fitness 6:00-8:00pm Honor Your Health Program			4:00-5:00pm Functional Fitness		10.00
26	27	28	29	30	Halloween 31
9:00-10:15am Very Gentle Flow Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Functional Fitness 9:30-10:45am Flow Yoga
4:00-5:00pm Functional Fitness 6:00-8:00pm Honor Your Health Program			Functional Fitness	5:30-6:30pm Honor Your Health Follow- up	