

# AUGUST 2019

Education is the most powerful weapon which you can use to change the world. – Nelson Mandela

**Cherokee Core Value: Educating the Children**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 1				1	2	3/4
WEEK 2	5 Gentle Yoga 12-12:45	6 Yoga @ 12-12:45 Yoga @ 5-6pm Food Dis. Cooking Demo (Snowbird) 8-1pm Snowbird CS 5:30-6:30pm	7 *Mega Health Screening 8am-1pm	8	9	10/11
WEEK 3	12 Gentle Yoga 12-12:45	13 Yoga @ 12-12:45 Yoga @ 5-6pm Snowbird CS 5:30-6:30pm	14	15 *START: Strength Training for Women 12:05-12:45	16	17/18
WEEK 4	19 Gentle Yoga 12-12:45	20 Yoga @ 12-12:45 Yoga @ 5-6pm Snowbird CS 5:30-6:30pm	21 *START: Cherokee Strong 12-1 & 4:45-5:45	22 *Strength Training for Women 12:05-12:45	23	24/25
WEEK 5	26 Gentle Yoga 12-12:45	27 Yoga @ 12-12:45 Yoga @ 5-6pm Snowbird CS 5:30-6:30pm	28 *Cherokee Strong 12-1 & 4:45-5:45	29 *Strength Training for Women 12:05-12:45	30 *START: Pilates Fusion 12-12:45pm	31

**Classes are FREE & open to everyone!**

**Located at Ginger Lynn Welch 806 Acquoni Road, Cherokee, NC**

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*Yoga open to all with option to leave at 12:45. \*Please sign up for Mega health screen, Cherokee Strong, Strength Training for Women & Pilates Fusion*

