




Tribal Wellness Calendar January 2018



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	1 	2 Yoga for Everyone-Robin 12-12:45 Beginner's Yoga with Julie 5-6pm	3 *Cherokee Strong Class @ GLW 12 & 4:45	4 Strength Training for Women 12:05-12:45	5	6
7	8 Gentle Yoga & Meditation with Rose 12-12:45	9 Yoga for Everyone-Robin 12-12:45 Beginner's Yoga with Julie 5-6pm	10 *Cherokee Strong Class @ GLW 12 & 4:45	11 Strength Training for Women 12:05-12:45	12	13
14	15 MLK Day Tribe Closed	16 Yoga for Everyone-Robin 12-12:45 Beginner's Yoga with Julie 5-6pm	17 *Cherokee Strong Class @ GLW 12 & 4:45	18 Strength Training for Women 12:05-12:45	19	20
21	22 *Special Pilates/Gyrotonic Workshop with Hope Wolfe 11-1 (or come @12 for pilates class)	23 Yoga for Everyone Robin 12-12:45 Beginner's Yoga with Julie 5-6pm	24 *Cherokee Strong Class @ GLW 12 & 4:45	25 Strength Training for Women 12:05-12:45	26	27
28	29 Gentle Yoga & Meditation with Rose 12-12:45	30 Yoga for Everyone Robin 12-12:45 Beginner's Yoga with Julie 5-6pm	31	<div style="border: 1px solid black; padding: 10px;"> <p>Classes are FREE & open to everyone! Located at the Ginger Lynn Welch Community Room 810 Acquoni Road, Cherokee, NC Contact Robin 828-359-6785 or robibail@nc-choerokee.com</p> <p><i>* Cherokee Strong you must sign up for in Advance - New Program starts February 7th!</i></p> </div>		