

March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Yoga 12	3 Womens Strength 12 Yoga 5-6pm CTP Meal Prep 3-6	4 Yoga 12 Cherokee Strong 12	5 Women's Strength 12	6	7
8	9 Yoga 12	10 Womens Strength 12 Yoga 5-6pm CTP Meal Prep 3-6	11 Yoga 12 Cherokee Strong 12	12 Stress and Healing Arts Retreat	13 Stress and Healing Arts Retreat	14
15	16 Yoga 12 Active B 3:30-5	17 Womens Strength 12 Yoga 5-6pm CTP Meal Prep 3-6	18 Yoga 12 Cherokee Strong After core12	19 Women's Strength 12 Harrahs 12-1 Afterschool CCKQ Club 3:30-5	20	21
22	23 Yoga 12 Active B 3:30-5	24 Women Strength 12 Mindful Eating 12-1 Yoga 5-6pm CTP Meal Prep 3-6	25 Yoga 12 Cherokee Strong 12	26 Women's Strength 12 AfterschoolCCKQ Club 3:30-5	27	28
29	30 Yoga 12 Active B 3:30-5	31 Womens Strength 12 Mindful Eating 12-1 Yoga 5-6pm CTP Meal Prep 3-6				



Classes are FREE and Open to Everyone! Yoga open to all, with optional challenge poses.

All classes located at Ginger Lynn Welch 806 Acquoni Rd. Cherokee NC 28719

Contact Shelby for more info 828-359-6783 or shelpark@nc-chokeee.com

For cancellations/new events like us on Facebook: Cherokee Choices

Cherokee Strong, Strength training classes, and cooking classes you must sign up for in advance.