

Wellness Schedule

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 L&L CCHS Caffeine: Friend or Foe? 11:00am -1:00pm Pickleball 4:15pm-5:15pm	7 MRES Walk Club 3:00pm-4:00pm Pickleball 4:15pm-5:15pm	8 L&L CES Caffeine: Friend or Foe? 11:00am -1:00pm Yoga Class 4:15pm-5:15pm	9
12 Walk Group 4:15pm-5:15pm	13 Pickleball 4:15pm-5:15pm	14 Fall Break! No School	15 Fall Break! No School	16 Fall Break! No School
19 L&L ISMS Caffeine: Friend or Foe? 11:00am -1:00pm Walk Group 4:15pm-5:15pm	20 L&L NHES Caffeine: Friend or Foe? 11:00am -1:00pm Pickleball 4:15pm-5:15pm	21 L&L MRES Caffeine: Friend or Foe? 11:00am -1:00pm MRES Walk Club 3:00pm-4:00pm Pickleball 4:15pm-5:15pm	22 L&L LTES Caffeine: Friend or Foe? 11:00am -1:00pm Yoga Class 4:15pm-5:15pm	23
26 L&L MCB Caffeine: Friend or Foe? 11:00am -1:00pm Walk Group 4:15pm-5:15pm	27 Pickleball 4:15pm-5:15pm	28 MRES Walk Club 3:00pm-4:00pm Pickleball 4:15pm-5:15pm	29 Yoga Class 4:15pm-5:15pm	30

CLASS DESCRIPTIONS

Walk Group

We will meet at a local park, and we will collectively walk along the path.

Pickleball

We will meet at the Aquatics Center to play games of pickleball. I will be teaching anyone new to the game.

Yoga Class

We will meet at the Marshall building at door 13. We will focus on standing, sitting, balancing, and resting poses.

Caffeine: Friend or Foe?

I will be presenting valuable information about caffeine and how it directly affects your body.



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