

# July 2010

## Group sessions

Weight loss clients:Free Non-members:\$25

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Qi Gong Intro Eric 6:00pm	16	17
18	19	20	21	22	23	24
25	26	27	28	29 Nutrition Josephine 6:00pm	30	31