

See back page for class descriptions!

Free Children Provided

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:45-9:45- *Cardio Strength Ballet	8:45-9:45- *Yoga Ballet	8:45-9:45- *Cardio Strength Ballet	8:45-9:45- *Yoga Ballet	9:20-9:25- *Yoga
9:50-10:50- Stretch/Balace Class	9:50-10:45- *Dance Fitness Class	9:50-10:50- Stretch/Balace Class/Class	9:50-10:45- *Dance Fitness Class	
9:50-10:50 *Yoga	9:50- 10:50 *Yoga 	9:50- 10:50 *Yoga 	9:50-10:50 *Yoga 	10:00-10:25am *Yoga by Request <i>Call for details</i>
11:25am-12:00pm *Dance Fitness Class	10:00-10:50- *Dance Ballet/Class	10:00-10:50- *No Kids War School Program	10:00-10:50- *Dance Ballet/Class	
	10:50-10:55- *Cardio/Dancing Class/Class		10:50-10:55- *Dance Fitness Class	
	10:55-10:55- *Piercing		10:50-10:55- *Cardio Toning Class <i>Call for details</i>	
			11:00-10:55- *Open 8-10	

WFCCT is designed to help you become physically fit while providing spiritual insights & inspiration. Both are critically important to your **total well-being**. When we take care of our bodies & learn to live in the present, we will have the energy & strength to **be all that we created us to be!** In the **Place**, you can walk toward wellness through participating in group fitness classes and other activities that foster connections with friends and family.

Your good intentions or desire to help people is **WORTH** every effort you make to provide **WFCCT** classes and programs to our community. **Thank you!**

**2019
Winter School**




Tuesdays 9:45-12:30

Wednesdays 9:45-12:30

Thursdays 9:45-12:30

coffee, hot beverages, meals, conversation