




Tribal Wellness Calendar February 2018



Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
<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 * Cherokee Strong & Cherokee Turning Point(CTP) <i>you must sign up for in Advance!</i></p>				<p>1 Strength Training for Women 12:05-12:45</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5 Gentle Yoga & Meditation with Rose 12-12:45 Yoga 5-6pm</p>	<p>6 Yoga for Everyone-Robin 12-12:45 *CTP 3:30-6:00</p>	<p>7 *New Class: Cherokee Strong Class @ GLW 12 & 4:45</p>	<p>8 Strength Training for Women 12:05-12:45</p>	<p>9 NEW: Destress Xpress Yoga with Lara 12:05-12:45</p>	<p>10</p>
<p>11</p>	<p>12 Gentle Yoga & Meditation with Rose 12-12:45 Yoga 5-6pm</p>	<p>13 Yoga for Everyone-Robin 12-12:45 *CTP 3:30-6:00</p>	<p>14 *Cherokee Strong Class @ GLW 12 & 4:45</p>	<p>15 Strength Training for Women 12:05-12:45</p>	<p>16 Destress Xpress Yoga with Lara 12:05-12:45</p>	<p>17</p>
<p>18</p>	<p>19 Tribe Closed </p>	<p>20 Yoga for Everyone-Robin 12-12:45 *CTP 3:30-6:00</p>	<p>21 *Cherokee Strong Class @ GLW 12 & 4:45</p>	<p>22 Strength Training for Women 12:05-12:45 CIHA Yoga with Robin 12:05-12:45 (Welch top conf. room)</p>	<p>23 Destress Xpress Yoga with Lara 12:05-12:45</p>	<p>24</p>
<p>25</p>	<p>26 Gentle Yoga & Meditation with Rose 12-12:45 Yoga 5-6pm</p>	<p>27 Yoga for Everyone Robin 12-12:45 *CTP 3:30-6:00</p>	<p>28 *Cherokee Strong Class @ GLW 12 & 4:45</p>			