

# Winter Yoga with Amy

<u>Monday @ 7:00pm</u> <u>EST</u>	<u>Wednesday @</u> <u>6:30am EST</u>	<u>Thursday @</u> <u>12:30pm EST</u>
	February 1	February 2
February 6	February 8	February 9
February 13	February 15	February 16
February 20	February 22	February 23
February 27	March 1	March 2
March 6	March 8	March 9
March 13	March 15	March 16
March 20	March 22	March 23
March 27	March 29	March 30



Email [wellness@apismgt.org](mailto:wellness@apismgt.org) for a waiver form if needed and links.