



December 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Bountiful Farms 8:30am A Understanding Your BCA 1pm Free
4 Advanced Cardiovascular 10am Detox Not Retox 5:15pm F F	5 Heal Your Gut 9am F Blood Sugar Connection 4:15pm F	6 Understanding Your Labs 7:30am A What, Why, How 12:45pm A+ VIP Class (members only) 3:15pm Free Wellness Ambassadors 4:30pm	7 Stress Hormones 11am F Publix Shopping Exp 5:15pm A Immune Essentials F	8 Healthy Weight 8:15am F
11 Publix Shopping Exp 10:30am Advanced Cardio 4pm F A	12 Healthy Weight 4:15pm F	13 Fresh Market 8:30am A Blending Class 10am A Karen Support Group 5pm Free Advanced Skincare Procedures 2pm Free	14 Blood Sugar Connection 8:15am F What, Why, How of Eating 5:15pm A+	15 Vision Board 11am Free
18 Heal Your Gut 3:30pm F Understanding Your Labs 5:15pm A	19 What's In Your Kitchen/ Recipe Swap 4pm Free	20 Diabetes Part 1 4pm A Publix Shopping Exp 4pm A	21 Immune Essentials 9am F Diabetes Part 2 1pm Stress Hormones 6pm F	22 What, Why, and How of Eating 8am A+
25 <i>Merry Christmas</i>	26 We will be closed Monday, Dec. 25th—Monday, Jan. 1st. We will reopen on Tuesday, January 2, 2018	27	28	29

F Fundamental Class (General Rate: \$40 "Member Only" Rate: \$20)

Free Free Class/Seminar. Limited Seating.

RSVP 352-259-5190

A Advanced Class (General Rate: \$75 "Member Only" Rate: \$37.50)

A+ Advanced Plus Class 2 Hours