

MINDFULNESS & MOVEMENT

Winter/Spring 2025 Online Schedule

JANUARY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 NO CLASS INCLEMENT WEATHER	7 NO CLASS INCLEMENT WEATHER	8 Mindfulness & Movement with Jennifer G. 5:00 PM	9 Mindfulness & Movement with Janine H. 5:00 PM	10	11
12	13 Mindfulness & Movement with Jennifer G. 5:00 PM	14 Mindfulness & Movement with Janine H. 5:00 PM	15 Mindfulness & Movement with Jennifer G. 5:00 PM	16 Mindfulness & Movement with Janine H. 5:00 PM	17	18
19	20 NO CLASS	21 Mindfulness & Movement with Janine H. 5:00 PM	22 Mindfulness & Movement with Jennifer G. 5:00 PM	23 Mindfulness & Movement with Janine H. 5:00 PM	24	25
26	27 Mindfulness & Movement with Jennifer G. 5:00 PM	28 Mindfulness & Movement with Janine H. 5:00 PM	29 Mindfulness & Movement with Jennifer G. 5:00 PM	30 Mindfulness & Movement with Janine H. 5:00 PM	31	



NOTE: For Mindfulness & Movement information and Zoom link to access class, visit the CCS Wellness Website: <https://www.ccsch.us/Page/7061>

MINDFULNESS & MOVEMENT

Winter/Spring 2025 Online Schedule

FEBRUARY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Mindfulness & Movement with Jennifer G. 5:00 PM	4 Mindfulness & Movement with Janine H. 5:00 PM	5 Mindfulness & Movement with Jennifer G. 5:00 PM	6 Mindfulness & Movement with Janine H. 5:00 PM	7	8
9	10 Mindfulness & Movement with Jennifer G. 5:00 PM	11 Mindfulness & Movement with Janine H. 5:00 PM	12 Mindfulness & Movement with Jennifer G. 5:00 PM	13 Mindfulness & Movement with Janine H. 5:00 PM	14	15
16	17 NO CLASS	18 Mindfulness & Movement with Janine H. 5:00 PM	19 Mindfulness & Movement with Jennifer G. 5:00 PM	20 Mindfulness & Movement with Janine H. 5:00 PM	21	22
23	24 Mindfulness & Movement with Jennifer G. 5:00 PM	25 Mindfulness & Movement with Janine H. 5:00 PM	26 Mindfulness & Movement with Jennifer G. 5:00 PM	27 Mindfulness & Movement with Janine H. 5:00 PM	28	



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MINDFULNESS & MOVEMENT

Winter/Spring 2025 Online Schedule

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Mindfulness & Movement with Jennifer G. 5:00 PM	4 Mindfulness & Movement with Janine H. 5:00 PM	5 Mindfulness & Movement with Jennifer G. 5:00 PM	6 Mindfulness & Movement with Janine H. 5:00 PM	7	8
9	10 Mindfulness & Movement with Jennifer G. 5:00 PM	11 Mindfulness & Movement with Janine H. 5:00 PM	12 Mindfulness & Movement with Jennifer G. 5:00 PM	13 Mindfulness & Movement with Janine H. 5:00 PM	14	15
16	17 Mindfulness & Movement with Jennifer G. 5:00 PM	18 Mindfulness & Movement with Janine H. 5:00 PM	19 Mindfulness & Movement with Jennifer G. 5:00 PM	20 Mindfulness & Movement with Janine H. 5:00 PM	21	22
23	24 Mindfulness & Movement with Jennifer G. 5:00 PM	25 Mindfulness & Movement with Janine H. 5:00 PM	26 Mindfulness & Movement with Jennifer G. 5:00 PM	27 Mindfulness & Movement with Janine H. 5:00 PM	28	29
30	31 Mindfulness & Movement with Jennifer G. 5:00 PM					



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MINDFULNESS & MOVEMENT

Winter/Spring 2025 Online Schedule

APRIL 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Mindfulness & Movement with Jennifer G. 5:00 PM	8 Mindfulness & Movement with Janine H. 5:00 PM	9 Mindfulness & Movement with Jennifer G. 5:00 PM	10 Mindfulness & Movement with Janine H. 5:00 PM	11	12
13	14 Mindfulness & Movement with Jennifer G. 5:00 PM	15 Mindfulness & Movement with Janine H. 5:00 PM	16 Mindfulness & Movement with Jennifer G. 5:00 PM	17 NO CLASS	18	19
20	21 NO CLASS	22	23	24	25	26
27	28 Mindfulness & Movement with Jennifer G. 5:00 PM	29 Mindfulness & Movement with Janine H. 5:00 PM	30 Mindfulness & Movement with Jennifer G. 5:00 PM			



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MINDFULNESS & MOVEMENT

Winter/Spring 2025 Online Schedule

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Mindfulness & Movement with Janine H. 5:00 PM	2	3
4	5 Mindfulness & Movement with Jennifer G. 5:00 PM	6 Mindfulness & Movement with Janine H. 5:00 PM	7 Mindfulness & Movement with Jennifer G. 5:00 PM	8 Mindfulness & Movement with Janine H. 5:00 PM	9	10
11	12 Mindfulness & Movement with Jennifer G. 5:00 PM	13 Mindfulness & Movement with Janine H. 5:00 PM	14 Mindfulness & Movement with Jennifer G. 5:00 PM	15 Mindfulness & Movement with Janine H. 5:00 PM	16	17
18	19 Mindfulness & Movement with Jennifer G. 5:00 PM	20 Mindfulness & Movement with Janine H. 5:00 PM	21 Mindfulness & Movement with Jennifer G. 5:00 PM	22 Mindfulness & Movement with Janine H. 5:00 PM	23	24
25	26	27	28	29	30	31



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