

MINDFULNESS & MOVEMENT

Fall 2025 Online Class Schedule

SEPTEMBER 2025

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



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

MINDFULNESS & MOVEMENT

Fall 2025 Online Class Schedule

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mindfulness & Movement with Jennifer G. 5:00 PM	2 Mindfulness & Movement with Janine H. 5:00 PM	3	4
5	6 Mindfulness & Movement with Jennifer G. 5:00 PM	7 Mindfulness & Movement with Janine H. 5:00 PM	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 Mindfulness & Movement with Jennifer G. 5:00 PM	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	



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MINDFULNESS & MOVEMENT

Fall 2025 Online Class Schedule

NOVEMBER 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 30	24	25	26	27	28	29
WELLNESS WEEK - NO CLASSES						



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MINDFULNESS & MOVEMENT

Fall 2025 Online Class Schedule

DECEMBER 2025

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



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