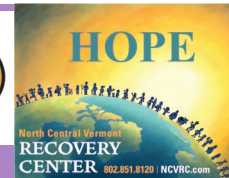


January 2022

Meetings & Events *

Health & Wellness Program *

Moms in Recovery Support Program *



Johnson Location

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10-7 PM OPEN GYM 1-2 PM WOD w/Geoff 4-6 PM Connect, Share, Chat drop in 6 PM All Recovery 6-7 PM Childcare sign up	4 10:30 - 11:30 AM Kids Yoga with Kara 10-4 PM OPEN GYM 12-3 PM Childcare sign up (limit 5) 4-5:30 PM Community Acupuncture	5 10-7 PM OPEN GYM	6 9:30 - 10:30 AM Yoga w/Kara 10-4 PM OPEN GYM 10-1 PM Childcare sign up 4:30-6 PM Yin Yoga w/Dana 7 PM AA Grapevine	7 10-4 PM OPEN GYM 1-2 PM WOD w/Geoff 6 PM Refuge Recovery	8
9	10 10-7 PM OPEN GYM 1-2 PM WOD w/Geoff 4-6 PM Connect, Share, Chat drop in 6 PM All Recovery 6-7 PM Childcare sign up	11 10:30 - 11:30 AM Kids Yoga with Kara 10-4 PM OPEN GYM 12-3 PM Childcare sign up (limit 5) 4-5:30 PM Community Acupuncture	12 10-7 PM OPEN GYM 6 PM All Recovery	13 9:30 - 10:30 AM Yoga w/Kara 10-7 PM OPEN GYM 10-1 PM Childcare sign up 4:30-6 PM Yin Yoga w/Dana 7 PM AA Grapevine	14 10-4 PM OPEN GYM 1-2 PM WOD w/Geoff 6 PM Refuge Recovery	15
16	17 10-7 PM OPEN GYM 1-2 PM WOD w/Geoff 4-6 PM Connect, Share, Chat drop in 6 PM All Recovery 6-7 PM Childcare sign up 5:30-7:30 Create w/Clay	18 10:30 - 11:30 AM Kids Yoga with Kara 10-4 PM OPEN GYM 12-3 PM Childcare sign up (limit 5) 4-5:30 PM Community Acupuncture	19 10-7 PM OPEN GYM	20 9:30 - 10:30 AM Yoga w/Kara 10-7 PM OPEN GYM 10-1 PM Childcare sign up 4:30-6 PM Yin Yoga w/Dana 7 PM AA Grapevine	21 10-4 PM OPEN GYM 1-2 PM WOD w/Geoff 6 PM Refuge Recovery	22
23	24 10-7 PM OPEN GYM 1-2 PM WOD w/Geoff 4-6 PM Connect, Share, Chat drop in 6 PM All Recovery 6-7 PM Childcare sign up 5:30-7:30 Create w/Clay	25 10:30 - 11:30 AM Kids Yoga with Kara 10-4 PM OPEN GYM 12-3 PM Childcare sign up (limit 5) 4-5:30 PM Community Acupuncture	26 10-7 PM OPEN GYM 6 PM All Recovery	27 9:30 - 10:30 AM Yoga w/Kara 10-7 PM OPEN GYM 10-1 PM Childcare sign up 4:30-6 PM Yin Yoga w/Dana 7 PM AA Grapevine	28 10-4 PM OPEN GYM 1-2 PM WOD w/Geoff 6 PM Refuge Recovery	29
30	31 10-7 PM OPEN GYM 1-2 PM WOD w/Geoff 4-6 PM Connect, Share, Chat drop in 6 PM All Recovery 6-7 PM Childcare sign up 5:30-7:30 Create w/Clay					

WOD = Workout of the Day

NCVRC at Jenna's House, 117 St. Johns Road, Johnson, VT. 05656