

**New Britain
Family Wellness
Center**
85 Lafayette Street

**For More Info:
Visit our website!**
familywellness.chc1.com

Nat Holmes
Community Wellness &
Engagement Program
Coordinator
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2018

Mon	Tue	Wed	Thu	Fri	Sat
2 Slider's Song Circle 10:00-10:30 Free Play 10:30-11:15 Musical Playtime Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	3	4 Open Playgroup 9:30-11:00am Bodyweight Bootcamp 6:30-7:30pm	5 Family Yoga 5:30-6:30pm Zumba Dance fitness program 6:30-7:30pm	6 Cantos y Cuentos 4:30-5:30pm	7
9 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	10 Movin' and Groovin with Miss Kim 3:30-4:30pm	11 Open Playgroup 9:30-11:00am Bodyweight Bootcamp 6:30-7:30pm	12 Family Yoga 5:30-6:30pm Zumba Dance fitness program 6:30-7:30pm	13	14
16 Children's Yoga - (For 5-10 year olds) 4:15- 5:00pm Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	17 Infant Massage Parent-infant bonding led by a Licensed Massage Therapist 10:00-11:30am Kids in the Kitchen with Kim Thibodeau 3:30-4:30pm	18 Open Playgroup 9:30-11:00am Bodyweight Bootcamp 6:30-7:30pm	19 Family Yoga 5:30-6:30pm Zumba Dance fitness program 6:30-7:30pm	20	21
23 Toot and Slider's Musical Tales 10:00-10:30 am Free Play 10:30-11:15am Musical Playtime Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	24	25 Open Playgroup 9:30-11:00am Bodyweight Bootcamp 6:30-7:30pm	26 Family Yoga 5:30-6:30pm Zumba Dance fitness program 6:30-7:30pm	27 Movin' and Groovin with Miss Kim 10:00-11:00am Arts Explorers 4:30-5:30pm	28
30 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	MAY 1	MAY 2	MAY 3	MAY 4	MAY 5