

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

For More Info:  
Visit our website!  
[familywellness.chc1.com](http://familywellness.chc1.com)

**Nat Holmes**  
Community Wellness &  
Engagement Program  
Coordinator  
[HolmesN@chc1.com](mailto:HolmesN@chc1.com)  
(860) 347-6971 ext. 3662

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**2018**

Mon	Tue	Wed	Thu	Fri	Sat
1  <b>NEW YEAR'S DAY</b>	2	3  <b>Open Playgroup</b> 9:30-11:00am  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	4  <b>Zumba</b> Dance fitness program 6:30-7:30pm	5  <b>Movin' and Groovin with Miss Kim</b> 3:30-4:30pm  <b>Cantos y Cuentos</b> 4:30-5:30pm	6
8  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	9	10  <b>Open Playgroup</b> 9:30-11:00am  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	11  <b>Zumba</b> Dance fitness program 6:30-7:30pm	12  <b>Movin' and Groovin with Miss Kim</b> 10:00-11:00am	13
15  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	16  <b>Infant Massage</b> Parent-infant bonding led by a Licensed Massage Therapist 10:00-11:30am	17  <b>Open Playgroup</b> 9:30-11:00am  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	18  <b>Slider's Song Circle</b> 10:00-10:30 Free Play 10:30-11:15 Musical Playtime  <b>Zumba</b> Dance fitness program 6:30-7:30pm	19  <b>Arts Explorers</b> 4:30-5:30pm	20
22  <b>Children's Yoga - (For 5-10 year olds)</b> 4:15- 5:00pm <b>Family Yoga</b> 5:30-6:30pm <b>Bodyweight Bootcamp</b> 6:30-7:30pm	23  <b>Kids in the Kitchen with Kim Thibodeau</b> 3:30-4:30pm	24  <b>Open Playgroup</b> 9:30-11:00am  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	25  <b>Zumba</b> Dance fitness program 6:30-7:30pm	26  <b>Arts Explorers</b> 4:30-5:30pm	27
29  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	30	31  <b>Open Playgroup</b> 9:30-11:00am  <b>Family Yoga</b> 5:30-6:30pm  <b>Bodyweight Bootcamp</b> 6:30-7:30pm	<b>FEBRUARY 1</b>	<b>FEBRUARY 2</b>	<b>FEBRUARY 3</b>