

**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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2017

Mon	Tue	Wed	Thu	Fri	Sat
May 29	May 30	May 31	1	2 Cantos y Cuentos 4:30-5:30pm	3
5 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	6 Kids Yoga with Tania Pesce (For 5-10 year olds) 4:15- 5:00pm Zumba Dance fitness program 6:30-7:30pm	7 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	8	9 Movin' and Groovin with Miss Kim 10:00-11:00am	10
12 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	13 Infant Massage Parent-infant bonding led by a Licensed Massage Therapist 10:00-11:30am Zumba Dance fitness program 6:30-7:30pm	14 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	15	16 Toot and Slider's Musical Tales – Family Music Education Concert – 10:00-10:30am - Free Play 10:30am-11:15am – Performance Arts Explorers 4:30-5:30pm	17
19 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	20 Kids in the Kitchen with Kim Thibodeau 3:30-4:30pm Zumba Dance fitness program 6:30-7:30pm	21 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	22 Parent Connection – Parenting Support Group 6:30 – 7:30pm	22	24
26 Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	27 Zumba Dance fitness program 6:30-7:30pm	28 Movin' and Groovin with Miss Kim 3:30-4:30pm Family Yoga 5:30-6:30pm Bodyweight Bootcamp 6:30-7:30pm	29	30	July 1