

# January 2017-CLASS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1 CLASS TOPICS FOR THE WEEK:</b> SOT=Setting Goals + Fruit calories	<b>2</b> HOLIDAY-Clinic closed	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> 9:30am SOT-Lynn
<b>8</b> SOT=Forming Habits + Mixed Meals calories	<b>9</b> 1:15pm SOT-Lynn	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 9:30am-Natalie
<b>15</b> SOT=Nutrition 101 + Protein calories	<b>16</b> 1:15pm SOT-Lynn	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 9:30am SOT-Alicia
<b>22</b> SOT=Exercise and Weight Mangement #2 + Snacks foods and Starches calories	<b>23</b> 1:15pm SOT-Ingrid	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> 9:30am SOT-Ingrid
<b>29</b> SOT=Body Image + Sweets calories	<b>30</b> 1:15pm SOT-Lynn	<b>31</b>	<b>FEB 1st</b>	<b>2</b>	<b>3</b>	<b>4</b>

**QUESTIONS?: Call 505/314-2025** NOTE: The monthly class schedule & newsletter are also on our website: [www.SWENDO.com](http://www.SWENDO.com)  
 "SOT" = Staying on Track class (Note: The Thursday 5:30pm SOT has temporarily be discontinued due to lack of attendance.