

MAY

Make Every Day a Great Day!

OnTheSquare

Fitness OnTheSquare

Every Day in James Monroe Bldg. 12:15—1pm—S Level

Wellness OnTheSquare

Lunch-and-Learn Mondays 12:15—12:45

Mon	Tue	Wed	Thu	Fri
Every Monday except 5/28 12:15—1 Core Fit with Vance S Level Fitness Room	1 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	2 YOGA DANNY 12:15 S LEVEL Every Wednesday	3 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	4 YOGA with Alexa 12:15 S Level Fitness Center JMB
7 ♥ Every Monday 12:15—1 Core Fit with Vance S Level Fitness Room	8 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	9 FREE TRIAL YOGA JMB—S Level YOGA DANNY 12:15-1	10 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	11 YOGA with Alexa 12:15 S Level Fitness Center JMB
Craig Hicken—Room B—Take 10 Ryan Hogge—PHB—Room 1 14 Core Fit with Vance S Level JMB— 12:15—1 Every Monday	15 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	16 YOGA JMB—S Level YOGA DANNY 12:15-1	17 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	18 YOGA with Alexa 12:15 S Level Fitness Center JMB
Kristi Fischbach—Room B JMB Breathe Well/COPD Ryan Hogge—JMB in main lobby Focus on Fiber Core Fit with Vance S Level JMB— 12:15—1 Every Monday	22 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	23 YOGA WITH DANNY 12:15 S LEVEL	24 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	25 YOGA with Alexa 12:15 S Level Fitness Center JMB
Memorial day holiday 	29 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	30 YOGA WITH DANNY 12:15 S LEVEL	31 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	JUNE 1 YOGA with Alexa 12:15 S Level Fitness Center JMB

JUN

Capitol Square Employee Engagement Events

Mon	Tue	Wed	Thu	Fri
				1 YOGA with Alexa 12:15 S Level Fitness Center JMB
Every Monday 4 12:15—1 Core Fit with Vance S Level Fitness Room JMB ♥	5 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	6 FREE TRIAL JMB—S YOGA DANNY 12:15 S LEVEL FOOD TRUCKS	7 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	8 YOGA with Alexa 12:15 S Level Fitness Center JMB
1 1 Every Monday except 5/28 12:15—1 Core Fit with Vance—S Level Fitness Cindy Duncan—Lunch and Learn Recipe for a Healthy Heart JMB #B	1 2 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	1 3 JMB—S Level YOGA DANNY 12:15 S LEVEL	1 4 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	1 5 YOGA with Alexa 12:15 S Level Fitness Center JMB
1 8 Every Monday 12:15—1 Core Fit with Vance- S Level Fitness Ryan Hogge—Lunch and Learn Topic Think About It Room B JMB	1 9 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	2 0 JMB—S Level YOGA DANNY 12:15 S LEVEL	2 1 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	2 2 YOGA with Alexa 12:15 S Level Fitness Center JMB
2 5 Every Monday except 5/28 12:15—1 Core Fit with Vance S Level Fitness Room ♥	2 6 Every Tuesday 12:15—1 Core Fit with Vance S Level Fitness Room	2 7 JMB—S Level YOGA DANNY 12:15 S LEVEL	2 8 Every Thursday 12:15—1 Core Fit with Vance S Level Fitness Room	2 9 YOGA with Alexa 12:15 S Level Fitness Center JMB

JUL

Capitol Square Employee Engagement Events

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CommonHealth Eat
Well Challenge
July 10 - 31

AUG

Capitol Square Employee Engagement Events

Mon	Tue	Wed	Thu	Fri
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6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Mon



Tue

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Last Day to Register for the Governor's CommonHealth Walking Challenge/

Wed

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CommonHealth Walk with the Wildlife of the Eastern Shore Governor's Challenge Begins

Thu

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Fri

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