

Monday	Tuesday	Wednesday	Thursday
2 CLOSED for Holiday	3 10:00am Basic Hatha Yoga 10a-2pm Massage 10:30am Solar Photography 11:15am Chair Yoga 2:30pm-5:30pm Massage 3:00pm Enhanced Fitness 6:00pm LIVESTRONG	4 9:00-1:00pm Massage 11:00am Restorative/ Meditation 1:30pm Yoga-Pilates 2:00pm Cooking	5 10:00 a.m. Basic Hatha Yoga 10:30 a.m. Feel More Like You w/ Walgreens 11:15 a.m. Chair Yoga 2:00 p.m. Tasting 2:00 p.m. Enhance Fitness 6:00 p.m. LIVESTRONG
9 1:30 p.m. Yoga-Pilates 3:00-7:00 p.m. Massage 3:00 p.m. Enhance Fitness 5:00 p.m. Chair Yoga 5:30 p.m. Cooking Demo	10 10:00-2:00p.m. Massage 10:00a.m. Basic Hatha Yoga 10:30a.m. Mandala Coloring 11:15a.m. Chair Yoga 2:30-5:30 p.m. Massage 3:00p.m. Enhance Fitness 6:00pm LIVESTRONG	11 9:00-1:00p.m. Massage 11:00 a.m. Restorative/ Meditation 1:30 p.m. Yoga-Pilates 2:00 p.m. Cooking	12 10:00 a.m. Basic Hatha Yoga 11:00 a.m. Client Showcase/ Charlene 11-2 p.m. Muncie DTW Massage 11:15 a.m. Chair Yoga 2:00 p.m. Tasting 2-3 p.m. Muncie Yoga 2:00 p.m. Enhance Fitness
16 10 a.m.-4:00 p.m. Survivor Day Portraits 1:30 p.m. Yoga-Pilates 3:00-7:00 p.m. Massage 3:00 p.m. Enhance Fitness 4:30 p.m. Embroidery 101 5:00 p.m. Chair Yoga	17 10:00-2:00 p.m. Massage 10:00 a.m. Basic Hatha Yoga 10:30 a.m. Embroidery 101 11:15 a.m. Chair Yoga 1:00 p.m. Cancer Conversation Hour 2:30-5:30 p.m. Massage 3:00 p.m. Enhance Fitness 6:00 p.m. LIVESTRONG	18 9:00-1:00 p.m. Massage 11:00 a.m. Restorative/Meditation 1:30 a.m. Yoga-Pilates 2:00 p.m. Cooking Demo	19 10:00 a.m. Basic Hatha Yoga 10:30 a.m. Journaling your Journey 10:30-1:00 Anderson Massage 11:15 a.m. Chair Yoga 12:00 p.m. Client Showcase/Rufina 1:45-2:45 p.m. Anderson Yoga 2:00 p.m. Enhance Fitness 6:00 pm LIVESTRONG
23 1:30 p.m. Yoga-Pilates 3:00-7:00 p.m. Massage 3:00 p.m. Enhance Fitness 4:30 p.m. Spirograph Art 5:00 p.m. Chair Yoga 5:30 p.m. Cooking Demo	24 10:00-2:00 p.m. Massage 10:00 a.m. Basic Hatha Yoga 10:30 a.m. Spirograph Art 11:15 a.m. Chair Yoga 2:30-5:30 p.m. Massage 3:00 p.m. Enhance Fitness 6:00 p.m. LIVESTRONG	25 9:00-1:00 p.m. Massage 11:00 Restorative/Meditation 12:00 Papa Murphy Pizza Party 1:30 p.m. Yoga-Pilates	26 10:00 a.m. Basic Hatha Yoga 10:30 a.m. Trivia 11:15 a.m. Chair Yoga 12:00 p.m. Tasting 2:00 p.m. Enhance Fitness 6:00 p.m. LIVESTRONG
30 1:30 p.m. Yoga-Pilates 3:00-7:00 p.m. Massage 3:00 p.m. Enhance Fitness 4:30 p.m. Coffee and Canvas/Fall Landscapes 5:00 p.m. Chair Yoga			



DOOR TO WELLNESS

September 2019

Indy Office

Hours:

Mon: 9 a.m. – 8 p.m.

Tue: 9 a.m. – 8 p.m.

Wed: 9 a.m. – 5 p.m.

Thu: 9 a.m. – 8 p.m.

Fri: 9 a.m. – 1 p.m.

There are no scheduled activities on Fridays.

1801 N. Meridian St.,
Indianapolis, IN 46202

(317) 925-5595

www.littlereddoor.org

MUNCIE OFFICE

2311 W. Jackson St.

Muncie, IN 47303

Mon-Fri: 9 a.m. to 4:30 p.m.

(765) 284-9063

ANDERSON OFFICE

Anderson, IN 46016

Mon-Fri: 10 a.m. to 2 p.m.

(765) 792-4166

