

January

**Cerritos College
Student Health Services**

2019

Zumba & Dietitian Service Schedule

**Paola – Zumba Instructor
Hazel Ng, RD – Registered Dietitian**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Zumba 5-6 Location- CE-4 Dietitian Service –10:00 – 4:00	15	16 Zumba 5-6 Location CE-4	17 Yoga Class 5-6 Location – Yoga/Palates Room at the Gym	18	19
20	21 Martin Luther King Birthday	22 Dietitian Service –10:00 – 1:00	23 Zumba 5-6 Location CE-4	24 Yoga Class 5-6 Location – Yoga/Palates Room at the Gym	25	26
27	28 Zumba 5-6 Location- CE-4 Dietitian Service –10:00 – 4:00	29	30 Zumba 5-6 Location CE-4	31 Yoga Class 5-6 Location – Yoga/Palates Room at the Gym		