

COHORT	INITIAL MODULES	INITIAL WORKSHOP	INTERMEDIATE MOD	INTERMEDIATE WORKSHOPS	ADVANCED MODS	ADVANCED WORKSHOPS
C1	2/28/22-3/9/22	Trainer--Jeff Parsons Mon 3/14/22 9am-12pm Wed 3/16/22 9am-12pm	4/20/22-4/27/22	Trainer--Jeff Parsons Mon 5/2/22 9-10:30am Wed 5/4/22 9-10:30am	6/8/22-6/15/22	Trainer--Jeff Parsons Tues 6/21/22 9-10:30am Wed 6/22/22 9-10:30am
C2	2/28/22-3/9/22	Trainer--Jeff Parsons Tues 3/15/22 1pm-4pm Thurs 3/17/22 1pm-4pm	4/20/22-4/27/22	Trainer--Jeff Parsons Tues 5/3/22 1-2:30pm Thurs 5/5/22 1-2:30pm	6/8/22-6/15/22	Trainer--Jeff Parsons Tues 6/21/22 1-2:30pm Thurs 6/23/22 1-2:30pm
C3	3/7/22-3/16/22	Trainer--Jeff Parsons Mon 3/21/22 9am-12pm Wed 3/23/22 9am-12pm	4/27/22-5/4/22	Trainer--Jeff Parsons Mon 5/9/22 1-2:30pm Wed 5/11/22 1-2:30pm	6/15/22-6/22/22	Trainer--Jeff Parsons Mon 6/27/22 1-2:30pm Wed 6/29/22 1-2:30pm
C4	3/7/22-3/16/22	Trainer--Christian Smith Mon 3/21/22 1pm-4pm Thurs 3/24/22 1pm-4pm	4/27/22-5/4/22	Trainer--Christian Smith Tues 5/10/22 1-2:30pm Thurs 5/12/22 1-2:30pm	6/15/22-6/22/22	Trainer--Christian Smith Tues 6/28/22 1-2:30pm Thurs 6/30/22 1-2:30pm
C5	3/7/22-3/16/22	Trainer--Joy Crawford Mon 3/21/22 1pm-4pm Wed 3/23/22 1pm-4pm	4/27/22-5/4/22	Trainer--Joy Crawford Mon 5/9/22 1-2:30pm Wed 5/11/22 1-2:30pm	6/15/22-6/22/22	Trainer--Joy Crawford Mon 6/27/22 1-2:30pm Wed 6/29/22 1-2:30pm

C6	3/7/22-3/16/22	Trainer--Joy Crawford Tues 3/22/22 1pm-4pm Thurs 3/24/22 1pm-4pm	4/27/22-5/4/22	Trainer--Joy Crawford Tues 5/10/22 1-2:30pm Thurs 5/12/22 1-2:30pm	6/15/22-6/22/22	Trainer--Joy Crawford Tues 6/28/22 1-2:30pm Thurs 6/30/22 1-2:30pm
C7	4/4/22-4/13/22	Trainer--Joy Crawford Mon 4/18/22 1pm-4pm Wed 4/20/22 1pm-4pm	5/25/22-6/1/22	Trainer--Joy Crawford Mon 6/6/22 1-2:30pm Wed 6/8/22 1-2:30pm	7/13/22-7/20/22	Trainer--Joy Crawford Mon 7/25/22 1-2:30pm Wed 7/27/22 1-2:30pm
C8	4/4/22-4/13/22	Trainer--Christian Smith Tues 4/19/22 1pm-4pm Thurs 4/21/22 1pm-4pm	5/25/22-6/1/22	Trainer--Christian Smith Tues 6/7/22 1:00pm-2:30pm Thurs 6/9/22 1:00pm-2:30pm	7/13/22-7/20/22	Trainer--Christian Smith Tues 7/26/22 1-2:30pm Thurs 7/28/22 1-2:30pm
C9	4/4/22-4/13/22	Trainer--Elaine McLaughlin Tues 4/19/22 1pm-4pm Thurs 4/21/22 1pm-4pm	5/25/22-6/1/22	Trainer--Elaine McLaughlin Tues 6/14/22 12:00-1:30pm Thurs 6/16/22 12:00-1:30pm	7/13/22-7/20/22	Trainer--Elaine McLaughlin Tues 8/9/22 1-2:30pm Thurs 8/11/22 1-2:30pm
C10	4/4/22-4/13/22	Trainer--Sharonne Herbert Mon 4/18/22 9am-12pm Fri 4/22/22 9am-12pm	5/25/22-6/1/22	Trainer--Sharonne Herbert Mon 6/6/22 9-10:30am Fri 6/10/22 9-10:30am	7/13/22-7/20/22	Trainer--Sharonne Herbert Mon 7/25/22 9-10:30am Fri 7/29/22 9-10:30am
C11	4/18/22-4/27/22	Trainer--Larisa Traga Mon 5/2/22 1pm-4pm Tues 5/3/22 1pm-4pm	6/8/22-6/15/22	Trainer--Larisa Traga Tues 6/21/22 2p-5pm	7/27/22-8/3/22	Trainer: Larisa Traga Mon 8/8/22 1:00pm-2:30p Tues 8/9/22 1:00pm-2:30pm
C12	4/18/22-4/27/22	Trainer Sharonne Herbert Fri 4/29/22 9-12pm Fri 5/6/22 9-12pm	6/8/22-6/15/22	Trainer-Sharonne Herbert Tues 6/21 10:30-12pm Fri 6/24 10:30-12 pm	7/27/22-8/3/22	Trainer-Sharonne Herbert Mon 8/8 10:30-12pm Fri 8/12 10:30-12pm
C13	5/9/22-5/18/22	Trainer--Jeff Parsons Mon 5/23/22 9am-12pm Wed 5/25/22 9am-12pm	6/29/22-7/6/22	Trainer--Jeff Parsons Mon 7/11/22 9-10:30am Wed 7/13/22 9-10:30am	8/17/22-8/24/22	Trainer--Jeff Parsons Mon 8/29/22 9-10:30am Wed 8/31/22 9-10:30am
C14	5/9/22-5/18/22	Trainer--Jeff Parsons Tues 5/24/22 1pm-4pm Thurs 5/26/22 1pm-4pm	6/29/22-7/6/22	Trainer--Jeff Parsons Tues 7/12/22 1-2:30pm Thurs 7/14/22 1-2:30pm	8/17/22-8/24/22	Trainer--Jeff Parsons Tues 8/30/22 1-2:30pm Thurs 9/1/22 1-2:30pm
C15	5/16/22-5/25/22	Trainer--Christian Smith Tues 5/31/22 1pm-4pm Thurs 6/2/22 1pm-4pm	7/6/22-7/13/22	Trainer--Christian Smith Mon 7/18/22 9-10:30am Wed 7/20/22 9-10:30am	8/24/22-8/31/22	Trainer--Christian Smith Tues 9/6/22 1-2:30pm Thurs 9/8/22 1-2:30pm
C16	5/16/22-5/25/22	Trainer--Sandra Brown Tues 5/31/22 9am-12pm Thurs 6/2/22 9am-12pm	7/6/22-7/13/22	Trainer--Sandra Brown Tues 7/19/22 9am-10:30am Thurs 7/21/22 9am-10:30am	8/24/22-8/31/22	Trainer--Sandra Brown Tues 9/6/22 9am-10:30am Thurs 9/8/22 9am-10:30am

C17	5/16/22-5/25/22	Trainer--Joy Crawford Tues 5/31/22 1pm-4pm Thurs 6/2/22 1pm-4pm	7/6/22-7/13/22	Trainer--Joy Crawford Mon 7/18/22 9-10:30am Wed 7/20/22 9-10:30am	8/24/22-8/31/22	Trainer--Joy Crawford Tues 9/6/22 1:00pm-2:30pm Thurs 9/8/22 1:00pm-2:30pm
C19	6/13/22-6/22/22	Trainer--Larisa Traga Mon 6/27/22 1pm-4pm Fri 7/1/22 1pm-4pm	8/3/22-8/10/22	Trainer--Larisa Traga Wed 8/17/22 1-2:30pm Fri 8/19/22 1-2:30pm	9/21/22-9/28/22	Trainer--Larisa Traga Mon 10/3/22 1-2:30pm Tues 10/4/22 1-2:30pm
C20	6/13/22-6/22/22	Trainer--Sharonne Herbert Mon 6/27/22 9am-12pm Fri 7/1/22 9am-12pm	8/3/22-8/10/22	Trainer--Sharonne Herbert Mon 8/15/22 9am-10:30am Fri 8/19/22 9am-10:30am	9/21/22-9/28/22	Trainer--Sharonne Herbert Mon 10/3/22 9am-10:30am Fri 10/7/22 9am-10:30am
C23	7/18/22-7/27/22	Trainer--Larisa Traga Mon 8/1/22 1pm-4pm Tues 8/2/22 1pm-4pm	9/7/22-9/14/22	Trainer: Larisa Traga Mon 9/19/22 1-2:30p Tues 9/20/22 1-2:30p	10/26/22-11/2/22	Trainer: Larisa Traga Tues 11/8/22 1-2:30p Wed 11/9/22 1-2:30p
C24	7/18/22-7/27/22	Trainer--Sandra Brown Mon 8/1/22 1pm-4pm Wed 8/3/22 1pm-4pm	9/7/22-9/14/22	Trainer--Sandra Brown Mon 9/19/22 1-2:30pm Wed 9/21/22 1-2:30pm	10/26/22-11/2/22	Trainer--Sandra Brown Mon 11/7/22 1-2:30pm Wed 11/9/22 1-2:30pm
C27	8/8/22-8/17/22	Trainer-Jennifer Luther Mon 8/22/22 1-4pm Thu 8/25/22 1-4pm	9/28/22-10/5/22	Trainer-Jennifer Luther Tue 10/11/22 1-2:30 pm Thu 10/13/22 1-2:30pm	11/16/22-11/23/22	Trainer-Jennifer Luther Mon 11/28/22 1-2:30pm Thu 12/1/22 1-2:30pm
C28	8/8/22-8/17/22	Trainer--Larisa Traga Mon 8/22/22 1p-4p Tues 8/23/22 1p-4p	9/28/22-10/5/22	Trainer--Larisa Traga Tues 10/11/22 1:00p-2:30pm Wed 10/12/22 1:00p-2:30pm	11/16/22-11/23/22	Trainer: Larisa Traga Mon 11/28/22 1:00pm-2:30pm Wed 11/30/22 1:00pm-2:30pm
C18	8/29/22-9/7/22	Trainer-- Joy Crawford Tues 9/13/22 1pm-4pm Thurs 9/15/22 1pm-4pm	10/26/22-11/2/22	Trainer-- Joy Crawford Tues 11/8/22 1pm-2:30pm Thurs 11/10/22 1pm-2:30pm	12/21/22-12/28/22	Trainer-- Joy Crawford Tues 1/3/23 1pm-2:30pm Thurs 1/5/23 1pm-2:30pm
C21	9/6/22-9/14/22	Trainer--Jeff Parsons Mon 9/19/22 9am-12pm Wed 9/21/22 9am-12pm	10/31/22-11/9/22	Trainer--Jeff Parsons Mon 11/14/22 9am-10:30am Wed 11/16/22 9am-10:30am	12/27/22-1/4/23	Trainer--Jeff Parsons Mon 1/9/22 9am-10:30am Wed 1/11/22 9am-10:30am
C29	10/3/22-10/12/22	Trainer-- Joy Crawford Mon 10/17/22 9am-12pm Wed 10/19/22 9am-12pm	11/23/22-11/30/22	Trainer-- Joy Crawford Mon 12/5/22 9-10:30am Wed 12/7/22 9-10:30am	1/11/23-1/18/23	Trainer-- Joy Crawford Mon 1/23/23 9-10:30am Wed 1/25/23 9-10:30am
C30	10/3/22-10/12/22	Trainer-- Joy Crawford Tues 10/18/22 1pm-4pm Thurs 10/20/22 1pm-4pm	11/23/22-11/30/22	Trainer-- Joy Crawford Tues 12/6/22 1-2:30pm Thurs 12/8/22 1-2:30pm	1/11/23-1/18/23	Trainer-- Joy Crawford Tues 1/24/23 1-2:30pm Thurs 1/26/23 1-2:30pm

C31	10/24/22-11/2/22	Trainer-Jennifer Luther Mon 11/7/22 1-4pm Thu 11/10/22 1-4pm	12/14/22-12/21/22	Trainer-Jennifer Luther Tue 1/3/23 1-2:30 pm Thu 1/5/23 1-2:30 pm	2/6/23-2/8/23	Trainer-Jennifer Luther Mon 2/13/23 1-2:30 pm Thu 2/16/23 1-2:30pm
C33	11/28/22-12/7/22	Trainer--Elaine McLaughlin Tues 12/13/22 9:00a-12:00pm Thurs 12/15/22 9:00a-12:00pm	1/18/23-1/25/23	Trainer-- Elaine McLaughlin Tues 1/31/23 9am-10:30am Thurs 2/2/23 9:00am-10:30am	3/8/23-3/15/23	Trainer-- Elaine McLaughlin Tues 3/21/23 9:00am-10:30am Thurs 3/23/23 9:00am-10:30am
C34	11/28/22-12/7/22	Trainer-- Sharonne Herbert Mon 12/12/22 1pm-4pm Fri 12/16/22 1pm-4pm	1/18/23-1/25/23	Trainer-- Sharonne Herbert Mon 1/30/23 1-2:30pm Fri 2/3/23 1-2:30pm	3/8/23-3/15/23	Trainer-- Sharonne Herbert Mon 3/20/23 1-2:30pm Fri 3/24/23 1-2:30pm
C35	12/5/22-12/14/22	Trainer: Larisa Traga Mon 12/19/22 1p-4p Wed 12/21/22 1p-4p	1/25/23-2/1/23	Trainer: Larisa Traga Mon 2/6/23 1:00pm -2:30pm Fri 2/10/23 1:00pm -2:30pm	3/20/23-3/22/23	Trainer: Larisa Traga Mon 3/27/23 1:00pm-2:30pm Fri 3/31/23 1:00pm-2:30pm
C36	12/5/22-12/14/22	Trainer--Sandra Brown Mon 12/19/22 1-4pm Wed 12/21/22 1-4pm	1/25/23-2/1/23	Trainer--Sandra Brown Mon 2/6/23 1-2:30pm Wed 2/8/23 1-2:30pm	3/15/23-3/22/23	Trainer--Sandra Brown Mon 3/27/23 1-2:30pm Wed 3/29/23 1-2:30pm
C22	1/9/23-1/18/23	Trainer--Sharonne Mon 1/23/23 1p-4pm Friday 1/27 1p-4pm	3/6/23-3/15/23	Trainer--Sharonne Mon 3/20/23 1p-2:30m Friday 3/24/23 1p-2:30pm	5/1/23-5/10/23	Trainer--Sharonne Mon 5/15/23 1p-2:30m Friday 5/19/23 1p-2:30pm
C25	1/9/23-1/18/23	Trainer--Jeff Mon 1/23/23 1pm-4pm Wed 1/25/23 1pm-4pm	3/6/23-3/15/23	Trainer--Jeff Mon 3/20/23 9am-10:30am Wed 3/22/23 9am-10:30am	5/1/23-5/10/23	Trainer--Jeff Mon 5/15/23 9am-10:30am Wed 5/17/23 9am-10:30am
C26	1/17/23-1/25/23	Trainer--Jeff Mon 1/30/23 9am-12pm Wed 2/1/23 9am-12pm	3/3/23-3/22/23	Trainer--Jeff Mon 3/27/23 9am-10:30am Wed 3/29/23 9am-10:30am	5/8/23-5/17/23	Trainer--Jeff Mon 5/22/23 9am-10:30am Wed 5/24/23 9am-10:30am
C32	2/6/23-2/15/23	Trainer--Christian Tues 2/21/23 1pm-4pm Thurs 2/23/23 1pm-4pm	4/3/23-4/12/23	Trainer--Christian Tues 4/18/23 1pm-2:30pm Thurs 4/20/23 1pm-2:30pm	5/30/23-6/7/23	Trainer--Christian Tues 6/13/23 1pm-2:30pm Thurs 6/15/23 1pm-2:30pm
C37	2/13/23-2/22/23	Trainer--Jeff Parsons Mon 2/27/23 9am-12pm Wed 2/29/23 9am-12pm	4/5/23-4/12/23	Trainer--Jeff Parsons Mon 4/17/23 9-10:30am Wed 4/19/23 9-10:30am	5/24/23-5/31/23	Trainer--Jeff Parsons Mon 6/5/23 9-10:30am Wed 6/7/23 9-10:30am
C38	2/13/23-2/22/23	Trainer--Jeff Parsons Tues 2/28/23 1pm-4pm Thurs 3/2/23 1pm-4pm	4/5/23-4/12/23	Trainer--Jeff Parsons Tues 4/18/23 1-2:30pm Thurs 4/20/23 1-2:30pm	5/24/23-5/31/23	Trainer--Jeff Parsons Tues 6/6/23 1-2:30pm Thurs 6/8/23 1-2:30pm

C39	3/6/23-3/15/23	Trainer--Sandra Brown Mon 3/20/23 1-4pm Wed 3/22/23 1-4pm	4/26/23-5/3/23	Trainer--Sandra Brown Mon 5/8/23 1-2:30pm Wed 5/10/23 1-2:30pm	6/14/23-6/21/22	Trainer--Sandra Brown Mon 6/26/23 1-2:30pm Wed 6/28/23 1-2:30pm
C40	3/6/23-3/15/23	Trainer: Larisa Traga Mon 3/20/23 1pm-4pm Fri 3/24/23 1pm-4pm	4/26/23-5/3/23	Trainer: Larisa Traga Mon 5/8/23 1pm-2:30pm Fri 5/12/23 1pm-2:30pm	6/14/23-6/21/22	Trainer: Larisa Traga Mon 6/26/23 1pm-2:30pm Fri 6/30/23 1pm-2:30pm