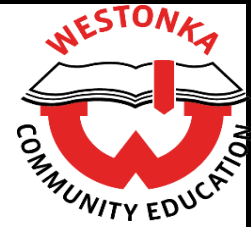




ACTIVITY CENTER

June 1st-September 4th Group Fitness

*Class schedule subject to change based on attendance



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Bootcamp** w/ Jen *45 min MWHS Tennis Courts		Bootcamp** w/ Jen *45 min MWHS Tennis Courts			
6:30 AM					Bootcamp** w/ Jen *45 min MWHS Tennis Courts	
8:15 AM	Yoga Flow w/ Rie *50 min Studio	Beginners TRX w/Katie *45 min Studio	Yoga Flow w/ Rie *50 min Studio			Sunrise Yoga w/ Rie *50 min Studio
9:15AM	Pump w/ Rie *50 min Studio	Intermediate/A dvanced TRX w/Katie *1 hr Studio	Pump w/ Rie *50 min Studio			Yoga w/ Rie *50 min Studio
9:30 AM						
3:00 PM		MWHS Cheer Team 3-4:45PM		MWHS Cheer Team 3-4:45PM		
5:15PM						
5:30 PM			Hatha Yoga w/ Victoria *1 hr Studio			
6:00 PM		Yoga Flow w/ Victoria *45 min Studio				

****Bootcamp class will meet indoors if the weather does not cooperate**