



LAST BLAST SUMMER CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPECIAL LIMITED CLASSES BEING OFFERED

Monday, August 26th to Saturday, August 31st

Time	8/26 Monday	8/27 Tuesday	8/28 Wednesday	8/29 Thursday	8/30 Friday	8/31 Saturday
5:45AM			Wednesday Wake-Up		Muscle Max	
6:00AM	Cycling	Cycling		Cycling		
7:00AM						Cycling
7:45AM						
8:00AM						Boot Camp
8:30AM						
9:15AM	Cycling		Cycling		Cycling	Pound
9:30AM		Cardio/Core/ Strength		Cardio/Core/ Strength		
10:35AM						
11:15AM						
12PM						
5:30PM	Active Together		Active Together			
6:30PM	Zumba		Zumba	Pound		
No Pool Classes						