



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Class Schedule

Afternoon/Evening

August 13 - October 7

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1:00p							
2:00p							
3:00p							
4:00p							
5:00p	Body Works 5:00p-5:45p		Body Works 5:00p-5:45p	Strike Kickboxing 5:15p-6:00p			
6:00p	Zumba 6:00p-6:45p	Yoga 6:00p-7:00p (starting after fair)	Zumba 6:00p-6:45p	Yoga 6:00p-7:00p (starting after fair)			
7:00p							