



## TRY SOMETHING NEW

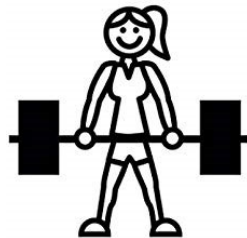
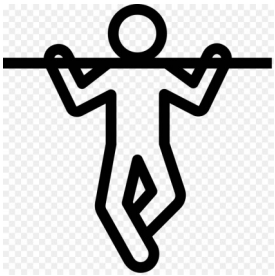
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### FITNESS CENTER MINI-CLASSES

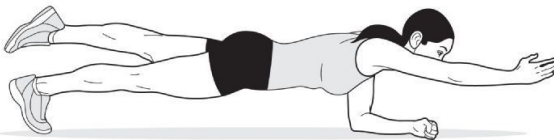
JOIN COACHES FOR A 15-MINUTE CLASS, AND ADD VARIETY TO YOUR WORKOUT! MEET IN THE STRETCHING AREA



**TUESDAYS, 6:25PM**  
**BOSU BOOTCAMP**  
**WITH STEPHANIE**



**THURSDAYS, 6:50AM**  
**PULL-UPS AND DEADLIFTS**  
**WITH JOSUE**



**FRIDAYS, 9:35AM**  
**CORE, GLUTES, & LEGS**  
**WITH MORGAN**



**SATURDAYS, 9:35AM**  
**FOAM ROLLING**  
**WITH MATT**

Classes are open to all levels of experience . Talk to your coach if you have limitations you want them to be aware of.