



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NEW YEAR NEW WORKOUT



Six Week Session: January 16 – February 24
 \$199 Members \$249 Non-Members

Monday	Tuesday	Wednesday	Thursday	Friday
	Session 1 Dianna 6:10am - 7:10am		Session 1 Dianna 6:10am - 7:10am	
Session 2 Esteban 8:30am - 9:30am	Session 3 Norman 8:30am - 9:30am	Session 2 Esteban 8:30am - 9:30am	Session 3 Norman 8:30am - 9:30am	
	Session 4 Debbie 11:00am - 12:00pm		Session 4 Debbie 11:00am - 12:00pm	
Session 5 Dianna 12:00pm - 1:00pm		Session 5 Dianna 12:00pm - 1:00pm		
Session 6 Austin 5:30pm - 6:30pm	Session 7 Austin 5:30pm - 6:30pm	Session 6 Austin 5:30pm - 6:30pm	Session 7 Austin 5:30pm - 6:30pm	