



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER SUMMER SCHEDULE

(Personal Fitness Center)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:15am FITcamp (pre-reg.) Bente	
8:00-9:00am Cardio/Strength Circuit Brigitte		8:00-9:00am Cardio/Strength Circuit Brigitte			
9:15-10:15am FUNdamentals (pre-reg) Brigitte		9:15-10:15am FUNdamentals (pre-reg) Brigitte			
5:45-6:45pm Cardio/Strength Circuit Bente	6:00-7:00PM Cardio/Strength Circuit Ashlee	5:45-6:45pm Cardio/Strength Circuit Ashlee	6:00-7:00pm Cardio/Strength Circuit Ashlee		

Classes in **Black** are included in membership.

Schedule is subject to change without notice