



# O.T.C. Fit Club

## Weekly Class Schedule

### March - April 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jump Rope Clinic</b> 4-5pm (Gym)	<b>Play &amp; Stretch</b> 5:30-6:30pm (Dance Studio)	<b>Jammin in the Gym</b> 5:30-6:30pm (Gym)	<b>Circuit Training</b> 5:30-6:30pm (Dance Studio)	<b>Win at the Wall</b> 2011 Climbing Wall Program (See Front Desk for Details)
<b>Yoga</b> 5:30-6:30pm (Lakeview Room) <b>Parents/Kids</b>	<div style="border: 1px dashed black; padding: 10px;"> <p><b>FREE exercise classes For ages 8-12, pre-registration and orientation required.</b>  <b>See the Rio Vista Front Desk for additional information.</b></p> </div>			