



# O.T.C. Fit Club

## Weekly Class Schedule

### May - June 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>Basketball Skills</b> 5:30-6:30pm (Gym)	<b>Cardio Kickboxing</b> 5:30-6:30pm (Dance Studio)	<b>Win at the Wall</b> 2011 Climbing Wall Program (See Front Desk for Details)
<b>Muscles &amp; Hustles</b> 5:30-6:30pm (Lakeview Room)	<div style="border: 1px dashed black; padding: 10px;"> <p><b>FREE</b> exercise classes For ages 8-12, pre-registration and orientation required.            See the Rio Vista Front Desk for additional information.</p> </div>			