O.T.C. Fit Club

Weekly Class Schedule

September

Monday	Tuesday	Wednesday	Thursday	Friday
JUMP ROPE CLINIC 4-5pm (Aerobic Room)	**Family Yoga (September)** 5:30-6:30pm (Dance Studio)	**JAMMIN IN THE GYM** 5:30-6:30pm (Gym)	**HOOVER BALL** 5:30-6:30pm (Gym)	**FRIDAY FUN @ THE WALL** 5:00-6:30pm *Prizes each Friday!*

***Take a Hike**

5:30-6:30pm

(Lakeview East Room)

@ 5:45 to 6:15 pm a supervised jog in Rio Vista Park

Class Description on Back

FREE exercise classes for ages 8-12 years old with a Rio Vista Pass.

2012 OTC orientation required for program

Orientation offered every Tuesday @ 6:30 pm

O.T.C. Fit Club

Weekly Class Schedule

October

Monday	Tuesday	Wednesday	Thursday	Friday
JUMP ROPE CLINIC 4-5pm (Aerobic Room)	**Zumbatomic** 5:30-6:30pm (Dance Studio)	**JAMMIN IN THE GYM** 5:30-6:30pm (Gym)	**HOOVER BALL** 5:30-6:30pm (Gym)	**FRIDAY FUN @ THE WALL** 5:00-6:30pm *Prizes each Friday!*

***Take a Hike**

5:30-6:30pm

(Lakeview East Room)

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Class Description on Back

FREE exercise classes for ages 8-12 years old with a Rio Vista Pass.

2012 OTC orientation required for program

Orientation offered every Tuesday @ 6:30 pm

O.T.C. Fit Club

Weekly Class Schedule

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
JUMP ROPE CLINIC 4-5pm (Aerobic Room)	**Zumbatomic** 5:30-6:30pm (Dance Studio)	**JAMMIN IN THE GYM** 5:30-6:30pm (Gym)	**HOOVER BALL** 5:30-6:30pm (Gym)	**FRIDAY FUN @ THE WALL** 5:00-6:30pm *Prizes each Friday!*

***Take a Hike**

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(Lakeview East Room)

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OTC Guidelines & Rules for Classes and the Track

Class Rules:

- Come dressed to be active
- Water is the only beverage permitted in the pass holder area.
- If an OTC participant is not being respectful or following the rules in class, the instructor can ask the participant to leave and possibly will not be able to return.

Track Rules:

- OTC Lanyards must be worn at all times on the fitness floor.
- Lanyard only allows access to the fitness for OTC classes and the Track. You must go downstairs to use the water fountain and restrooms. Do not walk through fitness equipment area.
- OTC members are allowed to be on the track by themselves during "Family Track Times". An adult must be in the facility. See sign in front of track for hours. If you don't follow the track rules, you can lose your track privileges.