

# Specialty Fitness Classes Fall 2014

## TRX

Sept 8 - Oct 15, 2014      Location: MoveStrong  
Monday or Wednesday 7:00-7:55pm

## Ultimate Bootcamp

Sept 9 -Oct 16, 2014      Location: MoveStrong  
Tuesday & Thursday 7:00-7:55pm

## Specialty Yoga

Sept 9 - Oct 14, 2014      Location: Studio 2  
Tuesday 7:00 -7:55pm

## Youth Conditioning Certification 4 weeks

Sept 8 - Sept 29, 2014      Location: Fitness Room  
Monday's 6:00-7:00pm

