

Summer S.W.E.A.T. - Summer 2014 (June 9th – August 3rd)

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1 12:00 – 12:30	TRIALS OF MILES 30 Minutes of Running! (Shine: Field) (Rain: Exercise Studio) 12:00pm-12:30pm	TRIALS OF MILES 30 Minutes of Running! (Shine: Field) (Rain: Exercise Studio) 12:00pm-12:30pm	TRIALS OF MILES 30 Minutes of Running! (Shine: Field) (Rain: Exercise Studio) 12:00pm-12:30pm	TRIALS OF MILES 30 Minutes of Running! (Shine: Field) (Rain: Exercise Studio) 12:00pm-12:30pm	TRIALS OF MILES 30 Minutes of Running! (Shine: Field) (Rain: Exercise Studio) 12:00pm-12:30pm
Activity 2 12:30 – 1:00	CROSS TRAINING CHALLENGE Calisthenics, Barbells, Dumbbells and Drills done in AMRAPs, EMOMs, and WOD's for Time! (Exercise Studio) 12:30pm-1:00pm	WASHBOARD ABS All Abs, all class. (Exercise Studio) 12:30pm -12:45pm POWER YOGA Stretches and Vinyasa. (Exercise Studio) 12:45pm -1:00pm	CROSS TRAINING CHALLENGE Calisthenics, Barbells, Dumbbells and Drills done in AMRAPs, EMOMs, and WOD's for Time! (Exercise Studio) 12:30pm-1:00pm	WASHBOARD ABS All Abs, all class. (Exercise Studio) 12:30pm -12:45pm POWER YOGA Stretches and Vinyasa. (Exercise Studio) 12:45pm -1:00pm	CROSS TRAINING CHALLENGE Calisthenics, Barbells, Dumbbells and Drills done in AMRAPs, EMOMs, and WOD's for Time! (Exercise Studio) 12:30pm-1:00pm
Activity 3 1:00 – 1:30	STRIVE 30 minute circuit of Youth Fitness Resistance Equipment (STRIVE Room) 1:00pm-1:30pm	SUPER STROKES SWIMMING 60 Minutes of Lap Swimming and Water Aerobics! (Exercise Studio) 1:00pm -2:00pm	STRIVE 30 minute circuit of Youth Fitness Resistance Equipment (STRIVE Room) 1:00pm-1:30pm	SUPER STROKES SWIMMING 60 Minutes of Lap Swimming and Water Aerobics! (Exercise Studio) 1:00pm -2:00pm	STRIVE 30 minute circuit of Youth Fitness Resistance Equipment (STRIVE Room) 1:00pm-1:30pm
Activity 4 1:30 – 2:00	SPIN 30 minutes of Intense Indoor Cycling! (Cycling Room) 1:30pm-2:00pm		SPIN 30 minutes of Intense Indoor Cycling! (Cycling Room) 1:30pm-2:00pm		SPIN 30 minutes of Intense Indoor Cycling! (Cycling Room) 1:30pm-2:00pm