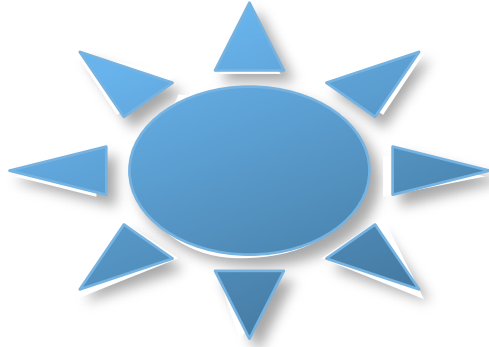


SUMMER STRONG

trufit

FIND US ONLINE AT
WWW.SECONDFAMILY.TV
 Under Victory Sports

HAVE QUESTIONS? EMAIL
 US AT
FITNESS@SBCWR.ORG



Classes available

Our morning classes take place on
MONDAY, WEDNESDAY & FRIDAY
 9:15-10:00 am Regular TruFit class
 10:15-11:00 am Senior Class 55+
 Our evening classes take place on
TUESDAY & THURSDAY 6-7:00pm

Saturday Classes

On the 2nd and 4th Saturday of June
 we will have a **FREE CLASS** for
 anyone up for the challenge. Maybe
 a stair workout, maybe on the
 playground...that will be a surprise
 but **FUN** is to be expected!

KidFit

NEW THIS SUMMER! During our
 9:15 classes we will have a fitness
 class for TRUFIT kids that have
 completed K5 and up on M & W. Class
 starts at 9:00 so our TruFitters have
 time to get to class. Fridays will be
 free gym time for our older ones.
 Nursery available for younger ones.

Registration

Register online or in class.

Monthly Fee: \$20/month

\$30/month for with childcare/KidFit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JUNE				1 9:15 Reg class 10:15 Seniors	2	3
4 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	5 6-7:00 pm COED	6 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	7 6-7:00 pm COED	8 9:15 Reg class 10:15 Seniors	9 8-8:45 am FREE CLASS	10
11 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	12 6-7:00 pm COED	13 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	14 6-7:00 pm COED	15 9:15 Reg class 10:15 Seniors	16	17
18 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	19 6-7:00 pm COED	20 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	21 6-7:00 pm COED	22 9:15 Reg class 10:15 Seniors	23 8-8:45 am FREE CLASS	24
25 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	26 6-7:00 pm COED	27 9:15 Reg class 10:15 Seniors *9-10 KIDFIT	28 6-7:00 pm COED	29 9:15 Reg class 10:15 Seniors	30	