

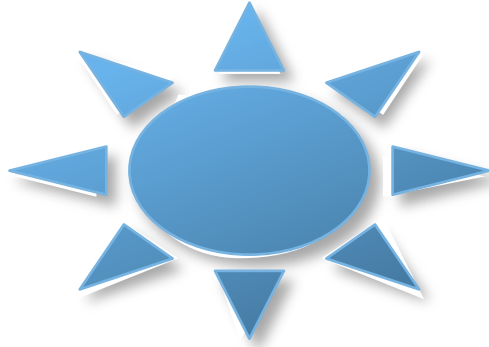


# SUMMER STRONG

# trufit

FIND US ONLINE AT  
[WWW.SECONDFAMILY.TV](http://WWW.SECONDFAMILY.TV)  
 Under Victory Sports

HAVE QUESTIONS? EMAIL  
 US AT  
[FITNESS@SBCWR.ORG](mailto: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 2<sup>nd</sup> and 4<sup>th</sup> 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
<b>JULY 2018</b>						1
2 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	3 6-7:00 pm COED	4 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	5 6-7:00 pm COED	6 9:15 Reg class 10:15 Seniors	7	8
9 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	10 6-7:00 pm COED	11 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	12 6-7:00 pm COED	13 9:15 Reg class 10:15 Seniors	14 8-8:45 am FREE CLASS	15
16 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	17 6-7:00 pm COED	18 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	19 6-7:00 pm COED	20 9:15 Reg class 10:15 Seniors	21	22
23 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	24 6-7:00 pm COED	25 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	26 6-7:00 pm COED	27 9:15 Reg class 10:15 Seniors	28 8-8:45 am FREE CLASS	29
30 9:15 Reg class 10:15 Seniors <b>*9-10 KIDFIT</b>	31 6-7:00 pm COED					