

Oregon Fitness Court

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Aug-19



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Download the Fitness Court APP or do the W.O.W!	3 9am Sheri/Lynn
4	5 6:15am Sommer 7pm Emilio/Megan	6	7	8 Tabata 6pm Sommer	9 Download the Fitness Court APP or do the W.O.W!	10 9am Sheri/Lynn
11	12 6:15am Sommer 7pm Emilio/Megan	13	14	15 Tabata 6pm Sommer	16 Download the Fitness Court APP or do the W.O.W!	17 9am Sheri/Lynn
18	19 6:15am Sommer 7pm Emilio/Megan	20	21	22 Tabata 6pm Sommer	23 Download the Fitness Court APP or do the W.O.W!	24 9am Sheri/Lynn
25 	26 6:15am Sommer 7pm Emilio/Megan	27	28	29 Tabata 6pm Sommer	30 Download the Fitness Court APP or do the W.O.W!	31 9am Sheri/Lynn
		Notes: Classes are cancelled with rain & heat at 90 degree F. For text alerts text Oregon to 84483 Classes are FREE! Please bring water & REGISTER FOR CLASS ON THE FC APP All classes are for the BEGINNER to learn the court to the Elite Athlete. WWW.OREGONOHIO.ORG/REC W.O.W: Workout of the Week found on our FB page!				