


Oregon Fitness Court

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JULY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:15am Robin	2 7pm Emilio/Megan	3 Noon Emilio 6pm Tabata Sommer	4 Download the Fitness Court APP or do the W.O.W!	5 9am Megan	6 9am Sheri/Lynn
7 Take the monthly FC Challenge See on App!	8 6:15am Sommer	9 7pm Emilio/Megan	10 Noon Emilio 6pm Tabata Sommer	11 Download the Fitness Court APP or do the W.O.W!	12 9am Megan	13 9am Sheri/Lynn
14	15 6:15am Sommer	16 7pm Emilio/Megan	17 Noon Emilio 6pm Tabata Sommer	18 Download the Fitness Court APP or do the W.O.W!	19 9am Megan	20 9am Sheri/Lynn
21	22 6:15am Robin	23 7pm Emilio/Megan	24 Noon Emilio 6pm Tabata Sommer	25 Download the Fitness Court APP or do the W.O.W!	26 9am Megan	27 9am Sheri/Lynn
28 	29 6:15am Sommer	30 7pm Emilio/Megan	31 Noon Emilio 6pm Tabata Sommer	Download the Fitness Court APP or do the W.O.W!		
		<p>Notes: Classes are cancelled with rain & heat at 90 degree F. For text alerts text Oregon to 84483 Please bring water and wear proper athletic shoes. Classes are FREE! Provide feedback to Sommer @ svriezelaar@oregonohio.org WWW.OREGONOHIO.ORG/REC W.O.W: Workout of the Week found on our FB page!</p>				