

# Oregon Fitness Court

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# RE JUNE 2019



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