


GREAT WESTERN POWER CO.



TBS5
First comp
7/24 at MC

JULY 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Meet-Up Night Make new friends, meet new climbing partners! This month 7/9 at 6PM			1 Yoga 6-7:15PM	2 Yoga 12-1PM CrossFit 5:30PM CrossFit 6:30PM Core/Stretch 6PM	3 CrossFit 6PM Everyone's a Kid \$10 Day Pass	4 Gym Closed Happy 4th!
5	6 Kids Camp 9-noon Yoga 6-7:15PM	7 Yoga 12-1PM Core/Stretch 5PM Yoga 6:15-7:30PM	8 Yoga 6-7:15PM	9 Yoga 12-1PM No CrossFit Core/Stretch 6PM Meet-Up Night 6PM-8PM	10 No CrossFit	11 Yoga 10-11:15AM
12	13 Yoga 6-7:15PM	14 Yoga 12-1PM Core/Stretch 5PM Yoga 6:15-7:30PM	15 Yoga 6-7:15PM Route Reading Clinic with Course Setter Dave 7-9PM	16 Yoga 12-1PM CrossFit 5:30PM CrossFit 6:30PM Core/Stretch 6PM	17 CrossFit 6PM College Student Night	18 Yoga 10-11:15AM
19 Lead Clinic with Mike 6:00-8:00PM Other times available	20 Kids Camp 9-noon Yoga 6-7:15PM	21 Yoga 12-1PM Core/Stretch 5PM Yoga 6:15-7:30PM	22 Yoga 6-7:15PM	23 Yoga 12-1PM CrossFit 5:30PM CrossFit 6:30PM Core/Stretch 6PM	24 CrossFit 6PM  @ Mission Cliffs 6-10PM	25 Yoga 10-11:15AM
26	27 Kids Camp 9-noon Yoga 6-7:15PM	28 Yoga 12-1PM Core/Stretch 5PM Yoga 6:15-7:30PM	29 Yoga 6-7:15PM Crack Clinic with Hans 7-9PM	30 Yoga 12-1PM CrossFit 5:30PM CrossFit 6:30PM Core/Stretch 6PM	31 CrossFit 6PM	

Classes

Yoga & all fitness classes are **FREE** to members
\$12 for non-members.

Yoga

M/W 6PM: Raven
 T/Th noon: Sarah
 T 6:15PM: Susan
 SAT 10AM: Sean

CrossFit

Th 5:30PM: Max
 Th 6:30PM: Max
 F 6:00PM: Max

Core/Stretch

T 5PM: Isabel
 Th 6PM: Isabel

HOURS: M-F 6:30AM TO 10PM S/S 10AM TO 6PM

CALL US: 510-452-2022