



# AUGUST

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><b>Intro to Climbing!</b></p> <p>FREE to Members \$35 for non-members</p> <p>M-F 5 pm &amp; 7pm Sat/Sun 12pm, 1:30pm &amp; 3pm</p>	<p><b>August &amp; Beyond</b> Ofie's Kitchen 8/7</p> <p>Campus w/ Hans, 8/12 @ 7 PM</p> <p>Partner Night, 8/21</p> <p>Lead I &amp; II, 7/12, 7/26 @ 7 PM</p> <p>Fundamentals of Climbing, 8/13 &amp; 8/27 @ 7 PM</p> <p>Yoga Workshop: 8/24 @ 10 AM</p> <p>TCS @ Great Western Power Company, 8/31!</p> <p>TCS @ Verdigo Boulders, 9/28</p> <p>Thursday TRX comes back September</p> <p>Yoga coming to Thursday nights in September!</p>	<p><b>2019 Challenge List</b></p> <p>Melanie, Liesbet, Hans, Payton, Justin, Leo, Hap, Carl, Rachel, Lia, Dennis, Christy, Heather, Arri, Greg, Derrick, Raymond, David, John, Nathan, Aiko, Joel, Marisa, Mark, Rene, Valyrie, Manju, Austin, Grace, Kris</p>	<p>CrossFit: 6am Yoga w/ Tina: 7am Yoga w/Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm Cycling: 6:15pm Cardio Climbing: 6:30pm CrossFit OnRamp: 7pm</p>	<p>1 Yoga w/ Kate: 1:30pm CrossFit: 12pm CrossFit: 5 &amp; 6pm CrossFit OnRamp: 6pm Aikido: 6 - 8pm</p>	<p>2 Core &amp; More: 9am CrossFit: 10am Aikido: 10am Olympic Lifting: 11am Kids Belay: 12pm Parents Belay: 12, 1:30 &amp; 3pm</p>	<p>3</p>
<p>4 Yoga w/ Tina: 9:15am CrossFit: 10-12pm Kids Belay: 12, 1:30 &amp; 3pm ICC: 12, 1:30 &amp; 3pm Men's Yoga: 3:15 - 4:15pm Restorative Yoga: 4:30pm</p>	<p>5 CrossFit: 6am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm TRX: 6pm Yoga w/ Felicia: 7pm CrossFit OnRamp: 7pm Handstands: 7:30pm Cardio Boxing: 8pm</p>	<p>6 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/ Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Beta w/ Mike: 6pm Yoga w/ Tina: 6:30pm CrossFit OnRamp: 7pm T4C: 8pm</p>	<p>7 CrossFit: 6am Yoga: 7am TRX: 9am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Core &amp; More: 5:30pm Cycling: 6:30pm Yoga w/ Felicia: 6:45pm</p> <p><b>Ofie's Kitchen</b> (Food Truck)</p>	<p>8 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm Cycling: 6:15pm Cardio Climbing: 6:30pm CrossFit OnRamp: 7pm</p>	<p>9 CrossFit: 6am Yoga w/ Kate: 1:30pm CrossFit: 12pm CrossFit: 5 &amp; 6pm CrossFit OnRamp: 6pm Aikido: 6 - 8pm</p>	<p>10 Core &amp; More: 9am CrossFit: 10am Aikido: 10am Olympic Lifting: 11am Kids Belay: 12pm Parents Belay: 12, 1:30 &amp; 3pm</p>
<p>11 Yoga w/ Tina: 9:15am CrossFit: 10-12pm Kids Belay: 12, 1:30 &amp; 3pm ICC: 12, 1:30 &amp; 3pm Men's Yoga: 3:15 - 4:15pm Restorative Yoga: 4:30pm</p>	<p>12 CrossFit: 6am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm TRX: 6pm Yoga w/ Felicia: 7pm CrossFit OnRamp: 7pm Cardio Boxing: 8pm</p> <p><b>Campus w/ Hans</b></p>	<p>13 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/ Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Beta w/ Mike: 6pm Yoga w/ Tina: 6:30pm CrossFit OnRamp: 7pm T4C: 8pm</p> <p><b>Fundamentals 1/2: 7PM</b></p>	<p>14 CrossFit: 6am Yoga: 7am TRX: 9am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Core &amp; More: 5:30pm Cycling: 6:30pm Yoga w/ Felicia: 6:45pm</p>	<p>15 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm Cycling: 6:15pm Cardio Climbing: 6:30pm CrossFit OnRamp: 7pm</p>	<p>16 CrossFit: 6am Yoga w/ Kate: 1:30pm CrossFit: 12pm CrossFit: 5 &amp; 6pm CrossFit OnRamp: 6pm Aikido: 6 - 8pm</p> <p><b>STUDENT NIGHT!</b></p>	<p>17 Core &amp; More: 9am CrossFit: 10am Aikido: 10am Olympic Lifting: 11am Kids Belay: 12pm Parents Belay: 12, 1:30 &amp; 3pm</p>
<p>18 Yoga w/ Tina: 9:15am CrossFit: 10-12pm Kids Belay: 12, 1:30 &amp; 3pm ICC: 12, 1:30 &amp; 3pm Men's Yoga: 3:15 - 4:15pm Restorative Yoga: 4:30pm</p>	<p>19 CrossFit: 6am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm TRX: 6pm Yoga w/ Felicia: 7pm CrossFit OnRamp: 7pm Cardio Boxing: 8pm</p> <p><b>Lead I: 7PM</b></p>	<p>20 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/ Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Beta w/ Mike: 6pm Yoga w/ Tina: 6:30pm CrossFit OnRamp: 7pm T4C: 8pm</p>	<p>21 CrossFit: 6am Yoga: 7am TRX: 9am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Core &amp; More: 5:30pm Cycling: 6:30pm Yoga w/ Felicia: 6:45pm</p> <p><b>PARTNER NIGHT!</b></p>	<p>22 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm Cycling: 6:15pm Cardio Climbing: 6:30pm CrossFit OnRamp: 7pm</p>	<p>23 CrossFit: 6am Yoga w/ Kate: 1:30pm CrossFit: 12pm CrossFit: 5 &amp; 6pm CrossFit OnRamp: 6pm Aikido: 6 - 8pm</p> <p><b>FREE GUEST DAY!</b></p>	<p>24 CrossFit: 10am Aikido: 10am Olympic Lifting: 11am Kids Belay: 12pm Parents Belay: 12, 1:30 &amp; 3pm</p> <p>Yoga Workshop: Forward Folds 10 - 11:15 AM</p>
<p>25 Yoga w/ Tina: 9:15am CrossFit: 10-12pm Kids Belay: 12, 1:30 &amp; 3pm ICC: 12, 1:30 &amp; 3pm Men's Yoga: 3:15 - 4:15pm Restorative Yoga: 4:30pm</p>	<p>26 CrossFit: 6am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm TRX: 6pm Yoga w/ Felicia: 7pm CrossFit OnRamp: 7pm Cardio Boxing: 8pm</p> <p><b>Lead II: 7PM</b></p>	<p>27 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/ Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Beta w/ Mike: 6pm Yoga w/ Tina: 6:30pm CrossFit OnRamp: 7pm T4C: 8pm</p> <p><b>Fundamentals 2/2: 7PM</b></p>	<p>28 CrossFit: 6am Yoga: 7am TRX: 9am Yoga w/ Kate: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Core &amp; More: 5:30pm Cycling: 6:30pm Yoga w/ Felicia: 6:45pm</p>	<p>29 CrossFit: 6am Yoga w/ Tina: 7am Yoga w/Kate: 9am Aikido: 12pm CrossFit: 12pm CrossFit: 5,6 &amp; 7pm Power Sculpt: 5pm Cycling: 6:15pm Cardio Climbing: 6:30pm CrossFit OnRamp: 7pm</p> <p><b>TOUGHSTONE CLIMBING SERIES 2019</b></p> <p>TCS @ GWPC!</p>	<p>30 CrossFit: 6am Yoga w/ Kate: 1:30pm CrossFit: 12pm CrossFit: 5 &amp; 6pm CrossFit OnRamp: 6pm Aikido: 6 - 8pm</p>	<p>31 CrossFit: 10am Aikido: 10am Olympic Lifting: 11am Kids Belay: 12pm Parents Belay: 12, 1:30 &amp; 3pm</p>

**COCO CROSSFIT**  
M - F 6 AM & 12 PM  
M - Th 5, 6, & 7 PM (no 7 PM F)  
SAT 10 AM CrossFit & 11 AM Oly Lifting  
SUN 10 AM Swole Sunday!  
CoCo Team: Brynn - Cris - Doron - Shaul  
Alec - Stephen - Jay - Alex  
OnRamp (Intro class) M, T, TH 7 PM, F 6 PM\*  
\*must RSVP online (free to members)  
OnRampers may attend Sat. @ 11 and Sun. @ 10

**INDOOR CYCLING**  
W 6:30 PM  
TH 6:15 PM - Doris

**YOGA**  
M/F 12 - 1:00 PM - Kate  
W 7 - 8 AM - Tina  
T/Th 9:00 - 10:30 AM - Kate  
T/Th 7:00 - 8:15 AM Sun 9:15 AM - Tina  
Tues 6:30 PM - Tina  
M - 7PM / W 6:45 PM - Felicia  
Sun 3:15 & 4:30 PM - Coach

**CORE | T4C | POWER SCULPT CLIMBING TECHNIQUE**  
M 5 PM & Th 5 PM - Doris  
Tues 6 PM - Mike H  
Tues 8 PM TH 6:30 PM - 8 PM - Mike H.  
W 5:30 PM & Sat 9 AM - Ruben  
TH 12:15 PM

**CARDIO BOXING**  
Mon 8:00 PM - 9:00 PM - Eric

**TRX**  
M 6:00 PM - Jaclyn  
W 9:00 AM - Julie  
Th 6:00 PM - Jaclyn

**PERSONAL TRAINERS**  
Ruben Vaughn, Stanley Forsyth, Cris Ochoa, Julie Spiker, Kate Douglas, Mike Herschberger, Doris Via, Doron Serban, Shaul Serban, Brynn Brothers, Christi Brown