

August 2010

Fitness/Instructional Class Schedule

Registration is required to attend these classes except * are drop in classes free for members or the daily fee

Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:00am	Power U Fitness Bootcamp register at www.staymovingfitness.com		Power U Fitness Bootcamp register at www.staymovingfitness.com				
7am							
8am							
9am	Free TAI CHI meet-up group will meet at MAFC at 9:00-10:00am & Wednesdays				Mondays		
10am							
11am							
Noon							
1:30pm						Japanese Sword (8/7)	
2pm							
3pm	RDU Tennis is sponsoring a summer tennis camp, for ages 5-14! Sign up at www.rdutennis.net for Aug 2-6 or Aug 9-13						
4pm							
5pm							
6pm						Youth Shotokan Karate (8/3-8/27)	CENTER CLOSSES AT 5:00PM
		Youth Shotokan Karate (8/3-8/27)	Water Aerobics (8/3-8/26)		Water Aerobics (8/3-8/26)		
8pm		Adult Shotokan Karate (8/3-8/26)			Adult Shotokan Karate (8/3-8/26)		Try out our new High Intensity Training or Run/Jog Classes!
9pm	CENTER CLOSSES AT 9:00PM						