



Emily Erickson
509-499-9906
www.speedfittraining.com
emilysuefit@gmail.com

Summer Schedule

Starts Tuesday June 1, 2010 –Friday Sept. 3, 2010

| | Mon | Tue | Wed | Thu | Fri |
|--------|--------------------|-------|--------------------|-------|-----------|
| 7:00AM | Boot Camp w/TRX | | Boot Camp | | Boot Camp |
| 6:00PM | Boot Camp | | Boot Camp w/TRX | | |
| 6:15PM | | Zumba | | Zumba | |

All classes are held at the Hub Sports Center unless otherwise stated. Each participant must pre-register for classes. A class must have 6 participants to keep the class time going. Call or e-mail me if you are interested in a certain time or day.

