

# Fitness class schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>March</b> 20	21	22 <b>Boot Camp   5:15 p.m.</b> State House Steps Gervais Street side stairs Instructor: Carleen	23 <b>Yoga   7:15 a.m.</b> State House Steps Pendleton side stairs Instructor: Sharon	24	25	26
27	28	29 <b>Boot Camp   5:15 p.m.</b> State House Steps Gervais Street side stairs Instructor: Carleen	30 <b>Yoga   7:15 a.m.</b> State House Steps Pendleton side stairs Instructor: Sharon	31	<b>April</b> 1	2
3	4	5 <b>Boot Camp   5:15 p.m.</b> State House Steps Gervais Street side stairs Instructor: Carleen	6 <b>Yoga   7:15 a.m.</b> State House Steps Pendleton side stairs Instructor: Sharon	7	8	9
10	11	12 <b>Boot Camp   5:15 p.m.</b> State House Steps Gervais Street side stairs Instructor: Carleen	13 <b>Yoga   7:15 a.m.</b> State House Steps Pendleton side stairs Instructor: Sharon	14	15	16
17	18	19 <b>Boot Camp   5:15 p.m.</b> State House Steps Gervais Street side stairs Instructor: Carleen	20 <b>Yoga   7:15 a.m.</b> State House Steps Pendleton side stairs Instructor: Sharon	21	22	23
24	25	26 <b>Boot Camp   5:15 p.m.</b> State House Steps Gervais Street side stairs Instructor: Carleen	27 <b>Yoga   7:15 a.m.</b> State House Steps Pendleton side stairs Instructor: Sharon	28	29	30



**A HEALTHIER  
STATE HOUSE**

HEALTHIER LEADERS • HEALTHIER SOUTH CAROLINA

## Boot Camp

Meets outside, weather permitting. Bring water and towel. [Session is cancelled in inclement weather.](#)

## Yoga

Meets outside, weather permitting. Bring your own yoga mat, water, and towel. [Session is cancelled in inclement weather and/or temp less than 50 degrees](#)

## Contact

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