

# Fitness class schedule

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



**A HEALTHIER  
STATE HOUSE**

HEALTHIER LEADERS • HEALTHIER SOUTH CAROLINA

## Boot Camp

Meets outside, weather permitting. Bring your own 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 temperature is less than 50 degrees at 7 a.m.](#)

## Contact

[www.ahealthierstatehouse.org](http://www.ahealthierstatehouse.org)

[jwright@scha.org](mailto:jwright@scha.org)

843.338.1913

## Thanks to



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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



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30	<b>May</b> 1	2 Boot Camp   5:15 p.m. State House Steps Gervais St. stairs	3 Yoga   7:15 a.m. State House Steps Pendleton St. stairs Instructor: Ashley	4	5	6
7	8	9 Boot Camp   5:15 p.m. State House Steps Gervais St. stairs	10 Yoga   7:15 a.m. State House Steps Pendleton St. stairs Instructor: Ashley	11	12	13
14	15	16 Boot Camp   5:15 p.m. State House Steps Gervais St. stairs	17 Yoga   7:15 a.m. State House Steps Pendleton St. stairs Instructor: Ashley	18	19	20
21	22	23 Boot Camp   5:15 p.m. State House Steps Gervais St. stairs	24 Yoga   7:15 a.m. State House Steps Pendleton St. stairs Instructor: Ashley	25	26	27
28	29	30 Boot Camp   5:15 p.m. State House Steps Gervais St. stairs	31 Yoga   7:15 a.m. State House Steps Pendleton St. stairs Instructor: Ashley	9	10	11



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