

Fitness class schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 5	6	7 Boot Camp 5:15 p.m. State House Steps Gervais St. stairs Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	March 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 Instructor: Leah	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 Instructor: Leah	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

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 Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	26 Yoga 7:15 a.m. State House Steps Pendleton St. stairs Instructor: Ashley	27	28	29



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30	May 1	2 Boot Camp 5:15 p.m. State House Steps Gervais St. stairs Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	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 Instructor: Leah	31 Yoga 7:15 a.m. State House Steps Pendleton St. stairs Instructor: Ashley	9	10	11



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