

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 |
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**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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|--------|---------|--|---|--------|----------|---------|
| 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 |
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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 |
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