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Date: 2/6/2018 11:37:56 AM

Subject: A Healthier State House Fitness Class Schedule - Boot Camp Begins Tomorrow

Attachments: [AHS-YMCA Membership_2018.pdf](#)

[2018_Fitness class schedule_AHS.pdf](#)

A Healthier State House teams,

Free boot camp and yoga classes begin tomorrow, February 7 on the State House grounds! Thanks to the Downtown YMCA for providing instructors. These sessions are open to Senate & House members, State House staff, Lobbyists, and State Agency employees with offices surrounding the State House. A waiver will be signed during your first session. The details are below and the calendar is attached for your review, posting, and sharing with others who may be interested. Sessions are for all ages and fitness levels, modifications will be provided for any physical limitations.

Boot Camp: Wednesday afternoons beginning tomorrow, February 7 at 5:15 p.m.

- Gervais St. stairs
- Bring a towel and water
- Inclement weather will cancel classes

Yoga: Thursday mornings beginning Thursday, February 8 at 7:15 a.m.

- Pendleton St. stairs
- Bring a yoga mat, towel, and water
- Inclement weather and temperature below 50 degrees at 7 a.m. will cancel classes

By participating in A Healthier State House, you are also eligible for special member rates at local YMCAs. See the attached flyer for more information. If you have any questions regarding the fitness classes, contact Jen Wright at jwright@scha.org or at 843.338.1913.

See you tomorrow afternoon!



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