

Saturday 6/13-8/22 Pound Plunge Program Time Line				
8:00	Weigh In Opens	Fitness Center/Pool Open	Nutrition Presentation Starts	
8:15	Weigh In	Fitness Center/Pool Open	Nutrition Presentation	
8:30	Weigh In	Fitness Center/Pool Open	Nutrition Presentation Ends	
8:45	Weigh In	Fitness Center/Pool Open	Boot Camp Starts	Yoga Starts
9:00	Weigh In	Fitness Center Open	Boot Camp	Yoga
9:15	Weigh In	Fitness Center Open	Boot Camp	Yoga
9:30	Weigh In	Fitness Center Open	Boot Camp	Yoga
9:45	Weigh In	Fitness Center Open	Boot Camp Ends	Yoga Ends
10:00	Weigh In Closes	Fitness Center Closes		
Wednesday 6/10-8/19 Pound Plunge Program Time Line				
5:00	Weigh In Opens	Fitness Center/Pool Open		
5:15	Weigh In	Fitness Center/Pool Open		
5:30	Weigh In	Fitness Center/Pool Open		
5:45	Weigh In	Fitness Center/Pool Open	Cardio Kung Fu	
6:00	Weigh In	Fitness Center/Pool Open	Cardio Kung Fu	Arthritis Class
6:15	Weigh In	Fitness Center/Pool Open	Cardio Kung Fu	Arthritis Class
6:30	Weigh In	Fitness Center/Pool Open		Arthritis Class
6:45	Weigh In	Fitness Center Open	Yoga	Arthritis Class
7:00	Weigh In	Fitness Center Open	Yoga	
7:15	Weigh In	Fitness Center Open	Yoga	
7:30	Weigh In Closes	Fitness Center Open	Yoga	Aquacise
7:45		Fitness Center Open		Aquacise
8:00		Fitness Center Open		Aquacise
8:15		Fitness Center Open		
8:30		Fitness Center Open		
9:00		YMCA Closes	YMCA Closes	YMCA Closes