

<b>STRENGTH Level 1</b>	<b>Program Type</b>	<b>Days</b>	<b>Times</b>	<b>Dates</b>
Squat, Bend & Lunge	6 week fitness program (Drop-ins welcome, all fitness levels)	Tuesday	6 - 7:30pm	July 6 <sup>th</sup> – August 10 <sup>th</sup>
Basics	6 week fitness program (Drop-ins welcome, all fitness levels)	Tuesday	6 – 7:30pm	August 17 <sup>th</sup> – September 21 <sup>st</sup>
Basics	6 week fitness program (Drop-ins welcome, all fitness levels)	Wednesday	7:30 – 9am	July 7 <sup>th</sup> – August 11 <sup>th</sup>
Push, Pull & Press	6 week fitness program (Drop-ins welcome, all fitness levels)	Wednesday	7:30 – 9am	August 18 <sup>th</sup> – September 22 <sup>st</sup>
<b>STRENGTH Level 2</b>				
Push, Pull & Press	6 week fitness program (pre-qualification required)	Saturday	8:30 – 10am	July 10 <sup>th</sup> – August 14 <sup>th</sup>
Lunge, Squat & Bend	6 week fitness program (pre-qualification required)	Saturday	8:30 – 10am	August 21 <sup>st</sup> – September 25 <sup>th</sup>
<b>STRETCH Level 1</b>				
Posture & Core	6 week fitness program (Drop-ins welcome, all fitness levels)	Friday	9 – 10:30am	July 2 <sup>nd</sup> – August 6 <sup>th</sup>
Full-body Flexibility	6 week fitness program (Drop-ins welcome, all fitness levels)	Friday	9 – 10:30am	August 13 <sup>th</sup> – September 17 <sup>th</sup>
Full-body Flexibility	6 week fitness program (Drop-ins welcome, all fitness levels)	Monday	4 – 5:30pm	July 5 <sup>th</sup> – August 9 <sup>th</sup>
Posture & Core	6 week fitness program (Drop-ins welcome, all fitness levels)	Monday	4 – 5:30pm	August 16 <sup>th</sup> – September 20 <sup>th</sup>
<b>STRETCH Level 2</b>				
Posture, Core & Meditation	On-going fitness class (Drop-ins welcome, all fitness levels)	Thursday	6 – 7:30pm	On-going
<b>PLAY</b>				
Movement, Fun & Games	On-going fitness class (Drop-ins welcome, all fitness levels)	Wednesday & Friday	12 – 1pm	On-going
<b>HEALTH</b>				
Foundations	6 week health program (Drop-ins welcome, all fitness levels)	Monday	6 – 7:30pm	July 5 <sup>th</sup> – August 9 <sup>th</sup>
Core Conditioning 101	6 week health program (Drop-ins welcome, all fitness levels)	Monday	6 – 7:30pm	August 16 <sup>th</sup> – September 20 <sup>th</sup>

Visit [www.plabase.com](http://www.plabase.com) for detailed descriptions of classes and programs.