

Approved 4/7/17

# **LET'S GET OUR BURN ON FOR A GOOD CAUSE!**

Join us Thursdays in the CW gym for a rockin' good time! We'll be working out to one of Beachbody's most popular fitness programs -

## **Country Heat**

This low-impact, high energy, calorie-torcing dance workout is great for people of all fitness levels! So lace up your sneakers, fill up your water bottle and join us for a boot-scootin' good time!

**Dates: 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8**

**One session - \$5, \$7 for both (Cash preferred)**

**Session 1: 3:05-3:15 (Check-in), 3:15-3:45 (Workout)**

**Session 2: 3:50-4:00 (Check-in), 4:00-4:30 (Workout)**

Pay at the door OR pay \$40 in advance for all 8 dates and stay for a second session whenever/as often as you choose!

All proceeds will go to support Maven and the Borgen family.

## **Routine Schedule:**

- 4/20      Session 1: Country Swing (32 minutes)  
            Session 2: Giddy Up (29 minutes)**
- 4/27      Session 1: Giddy Up (29 minutes)  
            Session 2: Down and Dirty (27 minutes)**
- 5/4        Session 1: Down and Dirty (27 minutes)  
            Session 2: Bring the Heat (28 minutes)**
- 5/11      Session 1: Bring the Heat (28 minutes)  
            Session 2: Trail Ride (26 minutes)**
- 5/18      Session 1: Trail Ride (26 minutes)  
            Session 2: Down and Dirty (27 minutes)**
- 5/25      Session 1: Country Swing (32 minutes)  
            Session 2: Bring the Heat (28 minutes)**
- 6/1        Session 1: Giddy Up (29 minutes)  
            Session 2: Trail Ride (26 minutes)**
- 6/8        Session 1: Country Swing (32 minutes)  
            Session 2: Down and Dirty (27 minutes)**