JULY 2014

OBETZ ATHLETIC CLUB

4175 ALUM CREEK DR OBETZ, OH 43207

Hours

Mon - Fri: 5am - 9pm Sat & Sun: 7am - 8pm

CONTACT US: 614-491-8520

STAY HYDRATED!

STAY HYDRATED:						
Mon	TUE	WED	THU	Fri	SAT	
,	1	2 TOBIAS BOOTCAMP 6:00PM-6:30PM	3 OAC CLOSED AT 5:00PM	4 OAC CLOSED	5	
7	8	9 TOBIAS BOOT CAMP 6:00PM - 6:30PM	10	11	12	
14 FIT AND 50 1:00-1:30 CORE/STRETCH 6:00-6:30 PM	15	16	17	18	19	
21 FIT AND 50 1:00-1:30	22	TOBIAS BOOTCAMP 6-6:30 PM	24	25	26 TOBIAS BOOTCAMP 9:30-10:00	
28 FIT AND 50 1:00-1:30 BAND/STRETCH 6:00-6:30 PM	29	30 TOBIAS BOOTCAMP 6:00-6:30 PM	31			
	7 14 FIT AND 50 1:00-1:30 CORE/STRETCH 6:00-6:30 PM 21 FIT AND 50 1:00-1:30 28 FIT AND 50 1:00-1:30 BAND/STRETCH	MON TUE 1 1 1 1 1 7 8 14 FIT AND 50 1:00-1:30 CORE/STRETCH 6:00-6:30 PM 21 FIT AND 50 1:00-1:30 22 FIT AND 50 1:00-1:30 BAND/STRETCH	MON TUE WED 1 2 TOBIAS BOOTCAMP 6:00PM-6:30PM 7 8 9 TOBIAS BOOT CAMP 6:00PM - 6:30PM 6:00PM - 6:30PM 16 16 FIT AND 50 1:00-1:30 1:00-1:30 TOBIAS BOOTCAMP 6-6:30 PM 28 TIT AND 50 1:00-1:30 TOBIAS BOOTCAMP 6-6:30 PM	MON TUE WED THU 1 2 TOBIAS BOOTCAMP 6:00PM 5:00PM 3 OAC CLOSED AT 5:00PM 7 8 9 10 TOBIAS BOOT CAMP 6:00PM - 6:30PM 10 10 14 FIT AND 50 1:00-1:30 CORE/STRETCH 6:00-6:30 PM 16 17 21 FIT AND 50 1:00-1:30 22 23 TOBIAS BOOTCAMP 6-6:30 PM 24 FIT AND 50 1:00-1:30 BAND/STRETCH 30 TOBIAS BOOTCAMP 6:00-6:30 PM 31	MON TUE WED THU FRI 1 2 TOBIAS BOOTCAMP 6:00PM-6:30PM 3 OAC CLOSED AT 5:00PM 0AC CLOSED AT 5:00PM 7 8 9 TOBIAS BOOT CAMP 6:00PM - 6:30PM 10 11 14 FIT AND 50 1:00-1:30 CORE/STRETCH 6:00-6:30 PM 16 17 18 21 FIT AND 50 1:00-1:30 22 Z3 TOBIAS BOOTCAMP 6-6:30 PM 24 25 28 FIT AND 50 1:00-1:30 BAND/STRETCH 29 BOOTCAMP 6:00-6:30 PM 31	



TOBIAS JULY CLASSES UNLIMITED \$40

TOBIAS CLASSES ARE BOOTCAMP, FIT 50 BAND/CORE/STRETCH

PASSES ONLY GOOD FOR THE CURRENT MONTH

DRINK PLENTY OF WATER!

MUST BE AT LEAST 13 TO ATTEND CLASSES AND PARENTS MUST SIGN WAIVER FOR AGES 13 - 17