OPEN GYM DAY
APRIL 2ND, 2018

Part of Public Health Awareness Week

Can be used at:
• EverProven Crossfit
• YogaSmith
• Bending Bodhi Yoga
• YMCA
• Planet Fitness
• Nerdy Girl Fitness

http://www.scphn.org/
# Open Gym Day

**April 2nd, 2018**

## Class Schedule

### Details:

<table>
<thead>
<tr>
<th>EverProven Crossfit</th>
<th>Nerdy Girl Fitness Group Training</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Open Classes:</strong></td>
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<tr>
<td>5:30 AM</td>
<td>8:00 - 8:45 AM</td>
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<tr>
<td>8:30 AM</td>
<td>9:00 - 9:45 AM</td>
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<tr>
<td>12:00 PM</td>
<td>4:15 - 5:00 PM</td>
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<tr>
<td>4:00 PM</td>
<td>5:00 - 5:45 PM</td>
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<td>5:15 PM</td>
<td>5:45 - 6:30 PM</td>
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<tr>
<td>6:30 PM</td>
<td>6:30 - 7:15 PM</td>
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<tr>
<td>7:45 PM</td>
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</tbody>
</table>

### Bending Bodhi Yoga:

- 9 - 10 AM - All Levels
- 4:30 - 5:30 PM - All Levels
- 6:30 - 7 PM - Level 2
- 7:30 - 8:30 PM - Yin Yoga

### YogaSmith Classes:

- 9:10 AM All Levels
- 4:30 - 5:30 PM All Levels
- 6:30 - 7 PM Level 2
- 7:30 - 8:30 PM Yin Yoga

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**Strafford County YMCA Website**

**Planet Fitness Participating Location Links:**

- Dover
- Rochester
- Lee