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****In order to satisfy the ministry's liability policy, please register for class online and agree to the waiver of liability within the first week of our session. If you need assistance, please let your instructor know.****

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-----------------|---|-------------------------------|---|--|-----------------------|----------|
| 1 | JUNE 16 | 17 | 18 | 19 | 20 SUMMER SESSION BEGINS PS FUSION 6:30P | 21 CS FUSION 9:15A | 22 |
| 2 | 23 | 24 CSFIT 9:15A SENIORS 11:00A | 25 CSFIT 6:30P | 26 PS FUSION 9:15A SENIORS 11:00A | 27 PS FUSION 6:30P | 28 CS FUSION 9:15A | 29 |
| 3 | 30 | JULY 1 CSFIT 9:15A SENIORS 11:00A | 2 CSFIT 6:30P | 3 PS FUSION 9:15A SENIORS 11:00A | 4 th of JULY NO CLASSES | 5 CS FUSION 9:15A | 6 |
| 4 | 7 | 8 CSFIT 9:15A SENIORS 11:00A | 9 CSFIT 6:30P | 10 PS FUSION 9:15A SENIORS 11:00A | 11 PS FUSION 6:30P | 12 CS FUSION 9:15A | 13 |
| 5 | 14 | 15 CSFIT 9:15A SENIORS 11:00A | 16 CSFIT 6:30P | 17 PS FUSION 9:15A SENIORS 11:00A | 18 PS FUSION 6:30P | 19 CS FUSION 9:15A | 20 |
| 6 | 21 VBS @ WCC | 22 No 9:15 CLASS No SENIORS CLASS | 23 CSFIT 6:30P @KENSINGTON | 24 No 9:15 CLASS No SENIORS CLASS | 25 PS FUSION 6:30P @KENSINGTON | 26 No 9:15 CLASS | 27 |

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----|--------|-------------------------------------|-----------------------------------|---|--|--|----------|
| 7 | 28 | 29 CSFIT 9:15A SENIORS 11:00A | 30 CSFIT 6:30P | 31 PS FUSION 9:15A SENIORS 11:00A | AUGUST 1 PS FUSION 6:30P | 2 CS FUSION 9:15A | 3 |
| 8 | 4 | 5 CSFIT 9:15A SENIORS 11:00A | 6 CSFIT 6:30P | 7 PS FUSION 9:15A SENIORS 11:00A | 8 WCC CLOSED FOR STAFF RETREAT PS FUSION 6:30P @KENSINGTON | 9 No 9:15A CLASS WCC CLOSED FOR STAFF RETREAT | 10 |
| 9 | 11 | 12 CSFIT 9:15A SENIORS 11:00A | 13 CSFIT 6:30P | 14 PS FUSION 9:15A SENIORS 11:00A | 15 PS FUSION 6:30P | 16 CS FUSION 9:15A | 17 |
| 10 | 18 | 19 CSFIT 9:15A SENIORS 11:00A | 20 CSFIT 6:30P | 21 PS FUSION 9:15A SENIORS 11:00A | 22 PS FUSION 6:30P | 23 CS FUSION 9:15A | 24 |
| 11 | 25 | 26 CSFIT 9:15A SENIORS 11:00A | 27 CSFIT 6:30P | 28 PS FUSION 9:15A SENIORS 11:00A | 29 PS FUSION 6:30P | 30 CS FUSION 9:15A | 31 |
| 12 | SEPT 1 | 2 LABOR DAY | 3 FIRST DAY OF SCHOOL WJCCS | 4 | 5 | 6 | 7 |

| Day/Start Time | Name | Length | Location | # weeks | Tuition |
|--------------------|----------------------------|--------|----------|----------|-----------|
| Mon/Wed/Fri 9:15am | CSFIT/PS Fusion/CS Fusion | 75 min | WCC | 9 | \$168.75 |
| Tues/Thurs 6:30pm | CSFIT/PS Fusion | 75 min | WCC | 10 | \$125.00 |
| Mon/Wed 11am | Seniors (FIT360 Longevity) | 45 min | WCC | On going | \$5/class |

| Class Descriptions |
|---|
| CSFIT = Cardio Strength Flexibility Interval Training (Cardio and resistance segments alternating to give higher intensity workout) |
| CS Fusion = CS class combined with additional elements such as FIT360 or Power Strength resistance |
| PS Fusion = Power Strength Fusion (Short Cardio followed by high intensity resistance training) |