



SKIHAWKS 2012/2013

*ARE YOU SERIOUS ABOUT GETTING IN SHAPE FOR SKIING?
JOIN US FOR THE **SKIHAWKS BOOTCAMP!***

When:	Monday	Oct 8	7:00	
	Monday	Oct 15	7:00	
	Monday	Oct 22	7:00	
	Monday	Oct 29	7:00	
	Monday	Nov 5	7:00	
	Monday	Nov 12	7:00	
	Monday	Nov 19	7:00	In the Parish Center**
	Monday	Nov 26	7:00	
	Monday	Dec 3	7:00	
	Monday	Dec 10	7:00	

Where: St. Joseph's Social Hall**
 Corner of Aloha and 19th
 on Capital Hill
 Heading east on Aloha, turn right on 19th,
 turn right again at the 'alley' and come up to the parking lot & entrance

What to wear: Comfortable, loose fitting clothes like sweat suits.

What to bring: Bring a big towel or yoga mat to make floor exercises more comfortable

What we'll do: Something new every week!

Big thanks to St Joseph's for making the space available to us!!
 Our workouts will last about 1 hour.
 See you there!

****NOTE:** Our Nov 19 workout this year will be held in The St. Joseph's Parish Center in the Mother Theresa Room. **Please be quiet as you enter and leave because there are other meetings going on.** Park in the same parking lot but go up the outside stairway to the middle level. We'll enter the side door. The Mother Theresa room is at the back of the Parish Hall. It overlooks our parking lot.