

Class schedule for the week of August 25th

Last Modified: 26th August, 2014, 12:45 PM

Class tonight (Mon Aug 25th) is canceled due to the heat index.

Class tomorrow (Tues Aug 26th) is at my house, since it is usually a small class.

Class will resume at "HQ" on Thursday, *unless* the heat index is in the 100's again. In that case, class will be at my house on Thursday Aug 28th also.

No regular class on Monday, September 1st since that is Labor Day. If anyone is interested in getting together in a park or something for a picnic and/or workout then let me know ASAP.