

<b>Week 1 -Sunday -Free day</b>	<b>Monday - Superhero Week</b>	<b>Tuesday - Superhero Week</b>	<b>Wednesday - Superhero Week</b>	<b>Thursday - Superhero Week</b>	<b>Friday - Superhero Week</b>	<b>Saturday - Superhero Week</b>
Find a way to relax	6:30 - 7:45 am - Basic -“Kettle Carry Challenge” 11:30 -12:15 pm “Kettle Carry Challenge	6:00 -7:30 am - Medium - (Random) 4:30 -5:45 Medium (Random)	6:30 - 7:45 am - Basic - (Random) 4:00 -5:30 pm (Random)	6:00 -7:30 am - Medium - (Raiders Sprint Challenge) 4:30 -5:45 pm Medium - (Raiders Sprint Challenge + Bonus)	6:30 - 7:45 am - Basic- “Legends Challenge” 11:30-12:15 pm Medium -“Legends Challenge”	7:00 am -8:30 am- Medium - Endurance 4:00 -5:30 pm Medium - Blitz

<b>Week 2 Sunday - 80's Theme</b>	<b>Monday - 80's Theme Week</b>	<b>Tuesday - 80's Theme Week</b>	<b>Wednesday - 80's Theme Week</b>	<b>Thursday - 80's Theme Week</b>	<b>Friday - 80's Theme Week</b>	<b>Saturday - 80's Theme Week</b>
<b>Church On The Trails -</b> 9:00 am - 10:00 am Family trail walk, prayer and coffee & fruit fellowship	6:30 - 7:45 am - Basic - “Hazards” 11:30 -12:15 pm “Basic -“Hazards”	6:00 -7:30 am - Medium - (Salvation) 4:30 -5:45 Medium (Salvation)	6:30 - 7:45 am - Basic - (Three's Company) 4:00 -5:30 pm (Threes Company )	6:00 -7:30 am - Medium (Thriller ) 4:30 -5:45 pm Medium - (Thriller)	6:30 - 7:45 am - Basic “Brady Bunch Challenge” 11:30-12:15 pm Medium -“Brady Bunch”	7:00 am -8:30 am- Medium - Beat Street 4:00 -5:30 pm Medium - Beat Street

**We Walk Camp Events - Patent Pending**

<b>Week 3 - Sunday - Health Week</b>	<b>Monday - Health Week</b>	<b>Tuesday - Health Week</b>	<b>Wednesday - Health Week</b>	<b>Thursday - Health Week</b>	<b>Friday - Health Week</b>	<b>Saturday - Health Week</b>
First day of the week! Relax!	6:30 - 7:45 am - Intervals - Basic - With relax session afterwards (bring mats)	6:00 -7:30 am - Medium - (Intervals ) 4:30 -5:45 Medium (Intervals) - relax session afterwards (bring mats)	6:30 - 7:45 am - Basic -(Walk it out ) 4:00 -5:30 pm (Walk it out )	6:00 -7:30 am - Medium (Competition) 4:30 -5:45 pm Medium - (Competition)	6:30 - 7:45 am - Basic "Sand Castles" 11:30-12:15 pm Medium -"Sand Castles"	7:00 am -8:30 am- Medium - GO 4:00 -5:30 pm Medium - GO

<b>Sunday - Week 4 MUSIC WEEK</b>	<b>Monday - MUSIC WEEK</b>	<b>Tuesday - MUSIC WEEK</b>	<b>Wednesday - MUSIC WEEK</b>	<b>Thursday - MUSIC WEEK</b>	<b>Friday - MUSIC WEEK</b>	<b>Saturday - MUSIC WEEK</b>
First day of the week! Relax!	6:30 - 7:45 am - Basic - "60's" 11:30 -12:15 pm "Basic -"60's"	6:00 -7:30 am - Medium - (Soundtracks) 4:30 -5:45 Medium (Soundtracks)	6:30 - 7:45 am - Basic -(70's ) 4:00 -5:30 pm (70's)	6:00 -7:30 am - Medium (Random) 4:30 -5:45 pm Medium - (Random)	6:30 - 7:45 am - Basic "TV Shows" 11:30-12:15 pm Medium -"TV Shows"	7:00 am -8:30 am- Medium - Challenge 4:00 -5:30 pm Medium -Challenge

<p><b>(Club members will receive the location information for each and every event)</b></p>	<p><b>Note:</b> Some weeks are “challenge weeks”. Challenge events are events where the members can earn special bonus points that can be redeemed for sponsor merch, Club swag and other cool items.</p>	<p><b>Fact:</b> On average there are 3-5 events available per week plus random pop-up events. Members are welcome to attend as many weekly classes / events as desired. (Some events require doctor and club approval prior to participation)</p>	<p><b>Fact:</b> Club coaches support you! They provide hydration, encouragement, assistance and are there to cheer you on!</p>	<p>***There are often “surprises” that occur during various classes. These keep the classes spontaneous, adventurous and fun. Dont worry, we keep it 100% safe as well!</p>	<p>***Participants in our classes have remarked how much freedom and enjoyment they experience!</p>	<p>Note: Current class sizes are from 10-24 so that each member can be supported.</p>
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