



... LET'S GET FIT! ...

## COMMUNITY FITNESS TRAINING

FOR MORE INFORMATION  
PLEASE CALL/TEXT KAMELLE  
(707) 513 - 6081  
KLEGGETTE@HOPLANDTRIBE.COM

TUESDAYS AND THURSDAYS  
GIRLS TRAINING  
(YOUTH AGES UP TO 24)  
3:00 PM - 4:00 PM

BOYS TRAINING  
(YOUTH AGES UP TO 24)  
4:00 PM - 5:00 PM

WEDNESDAYS  
FAMILY TRAINING  
(ELDERS, ADULTS, AND CHILDREN)  
4:00 PM - 5:00 PM

