




How glorious a greeting the sun gives the mountains!

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Mon	Tue	Wed	Thu	Fri	Sat
6:00am 13 I GO U GO Pope Beach (exercise band)	6:00am 14 Cardio Blast Meyers Grade	6:00am 15 20 min SLAM Baseball Fields	16	6:00am 17 Agility, Ropes and Core Baseball Field	18
6:00am 20 Timed STRENGTH Pyramid Baldwin Beach (exercise band)	6:00am 21 Hill Repeats & Core Columbine	6:00am 22 Sweat Box Skate Park (exercise band)	23	6:00am 24 Body Blasters Kiva Beach (STRAIGHT) (exercise band)	25  
6:00am 27 Pick your Poison Camp Rich (exercise band)	6:00am 28 3 min. Intervals Valhalla	6:00am 29 Prisoner 100 Baseball Fields	30	6:00am 1 Cardio Heavenly	2
 4	6:00am 5 Cardio Combo Bike Trail (exercise band)	6:00am 6 Strength/Run Pyramid Kiva Beach (STRAIGHT) (exercise band)	7	6:00am 8 Game Day Baldwin Beach (exercise band)	9
6:00am 11 Tabata Camp Rich	6:00am 12 Cardio Football Field	6:00am 13 20 min SLAM Pope Beach (exercise band)	14	6:00am 15 Playground Workout Baseball Fields (exercise band)	16

June 25th is our Annual BLISS RUN. We will meet at the Bike Trail at 5:30am and carpool up to the trailhead. Details to follow....