



**CRUSHING GOALS.**

**ANOTHER REASON Y.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NEW YEAR | NEW YOU**

## Schedule Availability

### **Melissa Morrow:**

- Mon/Wed/Fri: 6pm–7pm  
(all women's group)
- Tue/Thu: 5:30pm–6:30pm, Sat:  
9am–10am

### **Aaron Ellison-Ross:**

- Mon: 7pm–8pm, Wed: 6pm–7pm,  
Thu: 7pm–8pm
- Tue/Thu/Sat: 11am–12pm

### **Jess Quezada:**

- Mon/Wed/Fri: 6:30am–7:30am
- Mon/Wed/Fri: 8am–9am

### **Blake Redenbaugh:**

- Mon/Wed/Fri: 5am–6am