CAMP NERD FITNESS EPIC SCHEDULE OF AMAZINGNESS!

THURSDAY

8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00

PANEM TRAINING GROUNDS (A)

- FOUNDATIONAL MOVEMENT — KATE G 9-10:15
- INTERMEDIATE BARBELL STRENGTH — STACI 1-2:30
- BEGINNING STRENGTH — ROG 3:30-4:30

PANEM TRAINING GROUNDS (B)

- PRE-BARBELL/ BASIC MOBILITY — ANTHONY 8:30-10:30
- BEGINNER OLYMPIC LIFTING — JIM 11-12:30
- SHOULDER MOBILITY — KATE G 1-2
- HIP MOBILITY — KATE G 3-4

HYRULE FIELD

- BEGINNER BOOT CAMP — AMY 8-9
- ADVANCED BOOT CAMP — AMY 9:30-10:30
- INTRO TO SWORD — DAKAO 11-12:30
- INTRO TO TRICKING — ANTHONY 1-3
- ULTIMATE FRISBEE FREE PLAY — 3:30-5:30
- FREE PLAY — 6-8

LON LON RANCH

- PARKOUR INTRO — DAKAO 9-10:30
- MOVING LIKE TARZAN BEGINNER — JONATHAN 11-12:15
- SLACKLINING — JIM 1-2:30
- PARKOUR BEGINNER — DAKAO 3-4:30
- THEORY OF POWER — RACHAEL 5-6:30

HOGWARTS

- FUNDAMENTALS OF STRENGTH — STACI 9-10:30
- ADVANCED NUTRITION — ANTHONY 11-12:30
- FINDING YOUR MANTRA — AMY 1-2:30
- REDEFINING STRESS — MADDIE 3-4:30
- EMOTIONAL EATING — AMY 5-6

XAVIER INSTITUTE

- BEGINNER'S GUIDE TO RUNNING/GROUP RUN — JASON 8-10
- RUNNING FORM & INJURY PREVENTION — JASON 11-12:30
- MOVING AT YOUR DAY JOB — JONATHAN 1-2:15
- BEGINNER INVERSIONS — JIM (W/ KATE M) 3-4:30
- BEGINNER INVERSIONS — JIM 5-6:30

LEAKY CAULDRON

- DESPERATION DINNERS — MICHELLE 9-10:30
- KITCHEN SKILLS 101 — MADDIE 11-12:30
- VIVA LAS VEGGIES — MICHELLE 1:30-3
- VIVA LAS VEGGIES — MICHELLE 4-5:30

KAMI'S LOOKOUT

- VINYASA FLOW: BEGINNER — DAVE 8-9:15
- YOGA: INTERMEDIATE — KATE M 11-12:15
- VINYASA FLOW: INTERMEDIATE — DAVE 1-2:15
- HEROES OF YOGA MYTHOLOGY — DAVE 3-4:30
- STRETCHING — KATE M 5-5:30

TEMPLE OF TIME

- HABIT BUILDING — ROG 9-10
- CONFIDENCE — ROG 11-12:30
- LEVEL UP YOUR LIFE — STEVE 1-2:30
- BODY IMAGE — KATE M 3-4
- PROGRAMMING WORKSHOP — STACI, JASON, & ANTHONY 5-6:30

MORE FUN

- INTRO TO MEDITATION DEKU TREE — KATE M 8-8:45
- PICKUP BBALL SPACE JAM — 10-11:30
- BEGINNER MEDITATION DEKU TREE — TAYLOR 5-5:30

COSTUME NIGHT ★ COSTUME NIGHT ★ COSTUME NIGHT

HANDS ON
LECTURE
COOKING
ACTIVITY

Schedule subject to change. Any updates will be posted by The Oracle.

CAMP NERD FITNESS EPIC SCHEDULE OF AMAZINGNESS!

FRIDAY

8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00

PANEM TRAINING GROUNDS (A)

- FOUNDATIONAL MOVEMENT — KATE G 9-10:15
- HIP MOBILITY — KATE G 11-12
- INTERMEDIATE BARBELL STRENGTH — STACI 12:30-2
- BEGINNING BARBELL — ANTHONY 4-6

PANEM TRAINING GROUNDS (B)

- BEGINNER OLYMPIC LIFTING — JIM 9-10:30
- BASIC BARBELL — ANTHONY 11-1
- ADVANCED OLYMPIC LIFTING — JIM 1:30-3
- ADVANCED BODYWEIGHT STRENGTH — JIM 4:30-6

HYRULE FIELD

- BEGINNER BOOT CAMP — AMY 8-9
- ADVANCED BOOT CAMP — AMY 9:30-10:30
- INTRO TO SWORD — DAKAO 11-12:30
- INTRO TO TRICKING — ANTHONY 1:30-3:30
- SWORD: REALITY VS. FICTION — DAKAO 4-5:30
- ULTIMATE FRISBEE FREE PLAY — 6-8

LON LON RANCH

- BEGINNING STRENGTH — ROG 9:30-10:30
- SELF DEFENSE — JON & RACHAEL 11-12:30
- PARKOUR INTERMEDIATE — DAKAO 1-2:30
- COMBAT DRILLS — RACHAEL 3-4:30
- MOVING LIKE TARZAN BEGINNER — JONATHAN 5-6:15

HOGWARTS

- MAKE YOUR STORY SHINE: WRITING WORKSHOP — DAVE 9-10:30
- RUBIK'S CUBE SOLVING: BEGINNER METHODS — JIM 11-12
- RISING ABOVE DEPRESSION — AMY 1-2
- MOVING AT YOUR DAY JOB — JONATHAN 3-4:15
- NUTRITION 101 — ROG 5-6

XAVIER INSTITUTE

- BEGINNER'S GUIDE TO RUNNING/GROUP RUN — JASON 8-10
- RUNNING FORM & INJURY PREVENTION — JASON 11-12:30
- INJURY PREVENTION — KATE G 1-2
- OBSTACLE RACE PREP — JASON 3-4
- SUCCESS STORY PANEL WITH STACI, RON, MAYA, & ANTHONY — 4:30-5:30

LEAKY CAULDRON

- DESPERATION DINNERS — MICHELLE 9-10:30
- KITCHEN SKILLS 101 — MADDIE 11-12:30
- WINNER, WINNER CHICKEN DINNER — MICHELLE 1:30-3
- WINNER, WINNER CHICKEN DINNER — MICHELLE 4-5

KAMI'S LOOKOUT

- YOGA: BEGINNER — KATE M 9-10
- HAND BALANCES — KATE M 11-12
- VINYASA FLOW: INTERMEDIATE — DAVE 1-2:30
- VINYASA FLOW: ADVANCED — DAVE 3-4:15
- STRETCHING — KATE M 5-5:30

TEMPLE OF TIME

- REAL WORLD PALEO — MADDIE 9-10:30
- MOVING WITH PURPOSE — JONATHAN 11-12:15
- SEXIFICATION — ROG 1-2
- WHAT DO YOU OFFER? — BAKER 3-4

DEKU TREE

- MORNING MEDITATION — KATE M 8-8:30
- LIVE TO BE A SEXUAL BEAST — MADDIE 3-4
- BEGINNER MEDITATION — TAYLOR 5-5:30

MORE FUN

- PICKUP KICKBALL SANDLOT — 11-12:30
- PICKUP BBALL SPACE JAM — 4:30-6

GLOW PARTY ★ GLOW PARTY ★ GLOW PARTY

HANDS ON · LECTURE · COOKING · ACTIVITY

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CAMP NERD FITNESS EPIC SCHEDULE OF AMAZINGNESS!

SATURDAY

8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 1:00 1:30 2:00 2:30 3:00 3:30 4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00

PANEM TRAINING GROUNDS (A)

- **FOUNDATIONAL MOVEMENT** — KATE G 9-10:15
- **SHOULDER MOBILITY** — KATE G 11:30-12:30
- **OPEN GYM: FORM CHECK** — STACI/JON 1:30-3

PANEM TRAINING GROUNDS (B)

- **ADVANCED BODYWEIGHT STRENGTH** — JIM 8-9:30
- **POWERLIFTING COMPETITION** — 3-6

HYRULE FIELD

- **BEGINNER BOOT CAMP** — AMY 8-9
- **ADVANCED BOOT CAMP** — AMY 9:30-10:30
- **ADVANCED SWORD** — DAKAO 11-12:30
- **TRICKING PRACTICE** — ANTHONY 1:30-3:30
- **ULTIMATE FRISBEE FREE PLAY** — 4-6

LON LON RANCH

- **TKD: PATTERNS & APPLICATIONS** — RACHAEL 8:30-10
- **SLACKLINING** — JIM 10:30-12
- **MOVING LIKE TARZAN INTERMEDIATE** — JONATHAN 1:30-3
- **PARKOUR: FREESTYLE** — DAKAO 3:30-5

HOGWARTS

- **ADVANCED NUTRITION** — ANTHONY 8:30-10
- **HABIT BUILDING** — ROG 11-12
- **SHINE BRIGHT: CONFIDENCE** — AMY 1:30-3
- **INJURY PREVENTION** — KATE G 3:30-4:30
- **BECOME A PLATE BALANCING NINJA** — MADDIE 5-6

XAVIER INSTITUTE

- **MAKE YOUR STORY SHINE: WRITING WORKSHOP** — DAVE 9-10:30
- **RUNNING FORM & INJURY PREVENTION** — JASON 11-12:30
- **ADVANCED RUNNING TECHNIQUES** — JASON 1:30-2:30
- **ADVANCED INVERSIONS** — JIM 3:30-5

LEAKY CAULDRON

- **PALEO OUT IN THE WILD** — MICHELLE 1:30-3
- **PALEO OUT IN THE WILD** — MICHELLE 4-5:30

KAMI'S LOOKOUT

- **YOGA: INTERMEDIATE** — KATE M & DAVE 11-12:30
- **HEROES OF YOGA MYTHOLOGY** — DAVE 1:30-3
- **YOGA: INTERMEDIATE** — KATE M 3:30-4:30
- **STRETCHING** — KATE M 5-5:30

TEMPLE OF TIME

- **REDEFINING STRESS** — MADDIE 9-10
- **MOVING WITH PURPOSE** — JONATHAN 11-12:15
- **YOU VS. DEBT** — BAKER 1:30-2:30
- **CONFIDENCE** — ROG 3:30-5
- **SEXIFICATION** — ROG 5:30-6:30

DEKU TREE

- **MORNING MEDITATION** — KATE M 8-8:30
- **AMA W/STEVE** — THE COLOSSEUM 10-11
- **LIVE TO BE A SEXUAL BEAST** — MADDIE 1:30-2:30
- **INTERMEDIATE MEDITATION** — TAYLOR 5-5:45

MORE FUN

- **PICKUP BBALL SPACE JAM** — 10-11:30
- **LADIES WHO LUNCH/ FELLAS WHO FEAST** — GRAND HALL 12:30-1:15
- **THEORY OF POWER SPACE JAM** — RACHAEL 1:30-3:00pm
- **PICKUP BBALL SPACE JAM** — 4-6:30
- **CLOSING CEREMONIES** — COLOSSEUM 8-9:30

RUBIK'S CUBE PARTY ★ RUBIK'S CUBE PARTY ★

HANDS ON | LECTURE | COOKING | ACTIVITY

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