Class \# 59

I. Walk at least 15 feet from start cone to the first marker, transition to jog, jog over log.
2. Transition to the lope right lead \& lope around end
3. First line change
4. Second line change, lope around the end of arena
5. First crossing change
6. Second crossing change
7. Lope over log
8. Third crossing change
9. Fourth crossing change
10. Lope up the center, stop \& back

Class \# 58


1. Walk at least 15 feet from start cone to the first marker, transition to jog, jog over log.
2. Transition to extended jog
3. First line change
4. Second line change, jog around the end of the arena
5. First crossing change
6. Second crossing change
7. Jog over log
8. Third crossing change
9. Fourth crossing change
10. Extended jog up the center, stop \& back
