

1a. Amendment No. 003	1b. Effective Date 1/11/17	3. Issued By U.S. House of Representatives CAO Office of Acquisitions Management 5110 O'Neill Federal Building Washington, DC 20515 Office Phone: 202-225-2921	
2a. Solicitation Number OAM17012S	2b. Dated 12/14/16		
4. Name and Address of Offeror		For Information, Contact:	
		4b. Name: Ricky Buckler	4c. Phone: 202-225-3230
		4d. Email: Ricky.Buckler@mail.house.gov	

5. The solicitation in Block 2a above is amended as set forth in Block 6 below.

The time and date specified for receipt of Offers is not extended
 is extended through

Offers must acknowledge receipt of this Amendment in Block 10 of the Solicitation, Offer and Award Form to be submitted prior to the time and date as amended or specified in the solicitation.

6. Description of Amendment

The purpose of this amendment is to add an attachment to Section J - J.10 - Group Exercise Schedule.


All other terms and conditions remain the same.

7a. Name and Title of Authorized Signer <i>(type or print)</i>		8a. Name and Title of Contracting Officer <i>(type or print)</i> Christine A. Stewart, Director	
7b. Offeror <hr/> <i>(Authorized Signature)</i>	7c. Date Signed	8b. U.S. House of Representatives Christine Stewart <small>Digitally signed by Christine Stewart Date: 2017.01.11 13:47:15 -05'00'</small> <hr/> <i>(Signature of Contracting Officer)</i>	8c. Date Signed 1/11/17



Group Exercise Schedule

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	7:15 House Core 7:30 H.I.I.T (30 min) 12:00 Yoga - Vinyasa Flow 6:30 House Core 6:45 Boot Camp	7:15 House Core 12:00 TRX 12:30 TRX 6:30 Yoga - Vinyasa	1 7:15 House Core 7:30 TRX 12:00 Yoga - Restorative 6:15 House Core 6:30 Boxing	2 7:00 Morning Yoga 12:00 H.I.I.T. 1:00 Boot Camp
5 7:15 House Core 7:30 Capitol Strength 12:00 H.I.I.T. 12:45 House Core 1:00 H.I.I.T. 6:45 Yoga – Prana Vinyasa	6 7:15 House Core 7:30 H.I.I.T (30 min) 12:00 Yoga - Vinyasa Flow 6:30 House Core 6:45 Boot Camp	7 7:15 House Core 12:00 TRX 12:30 TRX 6:30 Yoga - Vinyasa	8 7:15 House Core 7:30 TRX 12:00 Yoga - Restorative 6:15 House Core 6:30 Boxing	9 7:00 Morning Yoga 12:00 H.I.I.T. 1:00 Boot Camp
12 7:15 House Core 7:30 Capitol Strength 12:00 H.I.I.T. 12:45 House Core 1:00 H.I.I.T. 6:00 Yoga – Prana Vinyasa	13 7:15 House Core 7:30 H.I.I.T (30 min) 12:00 Yoga - Vinyasa Flow 6:30 House Core 6:45 Boot Camp	14 7:15 House Core 12:00 TRX 12:30 TRX 6:30 Yoga - Vinyasa	15 7:15 House Core 7:30 TRX 12:00 Yoga - Restorative 6:15 House Core 6:30 Boxing	16 7:00 Morning Yoga 12:00 H.I.I.T. 1:00 Boot Camp
19 7:15 House Core 7:30 Capitol Strength 12:00 H.I.I.T. 12:45 House Core 1:00 H.I.I.T. 6:00 Yoga - Prana Vinyasa	20 7:15 House Core 7:30 H.I.I.T (30 min) 12:00 Yoga - Vinyasa Flow 6:00 House Core 6:15 Boot Camp	21 7:15 House Core 12:00 TRX 12:30 TRX 6:00 Yoga - Vinyasa	22 7:15 House Core 7:30 TRX 12:00 Yoga - Restorative 6:15 House Core 6:30 Boxing	23 7:00 Morning Yoga 12:00 H.I.I.T. 1:00 Boot Camp
26 No Classes Happy Holidays!	27 7:15 House Core 7:30 H.I.I.T (30 min) 12:00 Yoga - Vinyasa Flow 6:00 House Core 6:15 Boot Camp	28 7:15 House Core 12:00 TRX 12:30 TRX 6:00 Yoga - Vinyasa	29 7:15 House Core 7:30 TRX 12:00 Yoga - Restorative 6:15 House Core 6:30 Bootcamp	30 7:00 Morning Yoga 12:00 H.I.I.T. 1:00 Boot Camp