

# SEPTEMBER

Effective 9/1/08

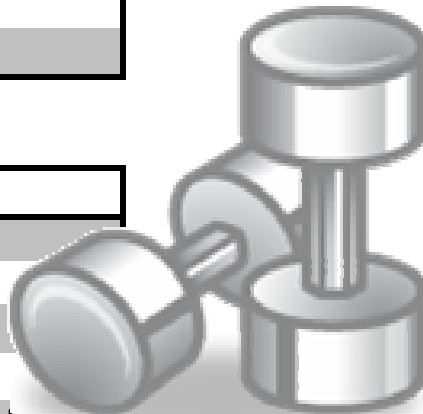
## FIT TEAM TRAINING

See Fitness Programs Advisor (Rikki) or Membership Representative for Prices

MONDAY	
8:30 AM	GI JANE
9:00 AM	TOTAL BODY WORKOUT
12:00 PM	GI JANE
12:30 PM	CORE CHALLENGE

TUESDAY	
10:30 AM	GI JANE
11:00 AM	CORE CHALLENGE
5:00 PM	CORE CHALLENGE
5:30 PM	GI JANE
6:00 PM	TOTAL BODY WORKOUT

WEDNESDAY	
9:00 AM	GI JANE
9:30 AM	CORE CHALLENGE
6:30 PM	TOTAL BODY WORKOUT



THURSDAY	
10:30 AM	GI JANE
11:00 AM	CORE CHALLENGE
4:30-5:30 PM	TOTAL BODY WORKOUT

FRIDAY	
9:30 AM	TOTAL BODY WORKOUT
10:00 AM	CORE CHALLENGE
10:30 AM	GI JANE

SATURDAY	
9:30 AM	TOTAL BODY WORKOUT
10:00 AM	GI JANE
10:30 AM	CORE CHALLENGE

\*\*\*Meet on Main Floor at file cabinet





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