

PERSONALLY FIT GROUP TRAINING SCHEDULE

AUGUST 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8:30 Kickboxing – Caulette 4:30 StepNTone—Caulette 5:15 CircuitTraining—Crystal	5:30A StepNTone—Caulette 8:30 Hoopercise—Jodi 4:30 Yoga—Crystal 5:15 Pilates Sculpt—Crystal 6:00 Accumulator—Jackie 6:15—Focus Group	8:30 Cardio Sport – Tiffany 4:30 Barbell Burn—Dawn 5:15 Kickboxing—Caulette 5:30 Cycle Circuit – Crystal 6:00 FUEL	5:30A Fat Burner– Caulette 8:30 Body Sculpt – Caulette 4:30 Circuit Training – Jill 5:15 Yoga—Crystal 6:00 Zumba—Angella	5:30A CardioKick—Caulette 8:00 Cycle Circuit 8:30 Step N Tone—Caulette	9:00 Yoga—Crystal	
8	9	10	11	12	13	14
8:30 Kickboxing – Caulette 4:30 StepNTone—Caulette 5:15 CircuitTraining—Crystal	5:30A StepNTone—Caulette 8:30 Hoopercise—Jodi 4:30 Yoga—Crystal 5:15 Pilates Sculpt—Crystal 6:00 Accumulator—Jackie	8:30 Cardio Sport – Tiffany 4:30 Band Strength—Dawn 5:15 Kickboxing—Caulette 5:30 Cycle Circuit – Crystal 6:00 FUEL	5:30A Fat Burner– Caulette 8:30 Body Sculpt – Caulette 4:30 Circuit Training – Jill 5:15 Yoga—Crystal 6:00 Zumba—Angella	5:30A CircuitTraining—Caulette 8:00 Cycle Circuit 8:30 Zumba—Angella	9:00 Hoopercise—Jody	
15	16	17	18	19	20	21
8:30 Kickboxing – Caulette 4:30 StepNTone—Caulette 5:15 CircuitTraining—Crystal 6:00 COM Workshop	5:30A StepNTone—Caulette 8:30 Drums Alive—Caulette 4:30 Yoga—Crystal 5:00 FUEL Maintenance 5:15 Pilates Sculpt—Crystal 6:00 Drums Alive—Caulette	5:00A COM Workshop 8:30 Cardio Sport – Tiffany 9:00 COM Workshop 4:30 Barbell Burn—Dawn 5:15 Kickboxing—Caulette 5:30 Cycle Circuit – Crystal 6:00 FUEL	5:30A Fat Burner– Caulette 8:30 Body Sculpt – Caulette 4:30 Circuit Training – Jill 5:15 Yoga—Crystal 5:30 COM Workshop 6:00 Zumba—Angella	5:30A CardioKick—Caulette 8:00 Cycle Circuit 8:30 Step N Tone—Caulette	9:00 Drums Alive—Caulette	
22	23	24	25	26	27	28
8:30 Kickboxing – Caulette 4:30 StepNTone—Caulette 5:15 CircuitTraining—Jackie	5:30A StepNTone—Caulette 8:30 Drums Alive—Caulette 4:30 Ab Blast—Jackie 5:15 Accumulator—Jackie 6:00 Hoopercise—Jodi	8:30 Cardio Sport – Tiffany 4:30 Band Strength—Dawn 5:30 Drums Alive—Caulette 5:30 Cycle Circuit – Jackie	5:30A Fat Burner– Caulette 8:30 Body Sculpt – Caulette 4:30 Circuit Training – Jill 5:15 Ab Blast—Jackie 6:00 Zumba—Angella	5:30A Drums Alive—Caulette 8:00 Cycle Circuit 8:30 Zumba—Angella	9:00—Noon Zumba Party!	
29	30	31	1			
8:30 Kickboxing – Caulette 4:30 Drums Alive—Caulette 5:15 CircuitTraining—Crystal	5:30A StepNTone—Caulette 8:30 Hoopercise—Jodi 4:30 Yoga—Crystal 5:15 Pilates Sculpt—Crystal 6:00 Accumulator—Jackie	FUEL Free Intro. Session Register at the front desk		Drums Alive is limited to 25 people; Hoopercise is limited to 20 people, so make sure you show up on time for these classes. Register to attend Zumba Party at front desk—Bring a friend and get a door prize!!!		