

# FIT FOR HER FALL SCHEDULE

## EFFECTIVE SEPTEMBER 10, 2007

# FALL 2007

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	MON	TUE	WED	THUR	FRI	SAT	SUN
7-7:30	1/2 HOUR	TUMMY TONING	1/2 HOUR		1/2 HOUR		7-7:30
7:30-8	EXPRESS	TUESDAY**	EXPRESS		EXPRESS		7:30-8
8-8:30	TUMMY TONING						8-8:30
8:30-9	TUESDAY**						8:30-9
9-9:30	TUMMY TONING						9-9:30
9:30-10	TUESDAY**						9:30-10
10-10:30							10-10:30
10:30-11							
11-11:30							11-11:30
11:30-12							
12-12:30							12-12:30
12:30-1							BODY BY BODY 12:10-12:55
1-1:30							1-1:30
1:30-2							
2-2:30							2-2:30
2:30-3							
3-3:30							3-3:30
3:30-4							
4-4:30		Youth fitness only - gym closed to members		Youth fitness only - gym closed to members			4-4:30
4:30-5							4:30-5
5-5:30							
5:30-6	TUMMY TONING						5:30-6
6-6:30	TUESDAY**						6-6:30
6:30-7							6:30-7
7-7:30							
7:30-8							7:30-8

**PERSONAL TRAINER-SUPERVISED CIRCUIT WORKOUTS IN FIT FOR HER GYM**

**COMPOUND CORE CIRCUIT** - Compound set weight circuit followed by a core conditioning blast

**BODY BY BODY** - Use your own body to create a great body - a quick 45-minute lunchtime circuit uses nothing but body weight to create a challenging resistance workout

**PERSONAL TRAINING, INDEPENDENT WORKOUTS AND FITNESS ORIENTATIONS**

**RESERVED FOR YOUTH FITNESS** - Gym closed to adult members

**GYM CLOSED**

**\*\*TUMMY TONING TUESDAY** circuit incorporates ab work during "cardio" portion of circuit