



# FIT GROUP TRAINING SCHEDULE

## MORNING

M	T	W	TH	F	SA	SU
<b>LOWER BODY EMPHASIS</b>	<b>CONDITIONING: POWER INTERVALS</b>	<b>UPPER BODY EMPHASIS</b>	<b>CONDITIONING: AEROBIC ENDURANCE/ CARDIAC OUTPUT</b>	<b>FULL BODY</b>	<b>FULL BODY CIRCUIT</b>	
<b>5 A.M.</b> STRENGTH 1 HOUR	<b>5 A.M.</b> CONDITIONING 1 HOUR	<b>5 A.M.</b> STRENGTH 1 HOUR		<b>5 A.M.</b> STRENGTH 1 HOUR		
<b>6:15 A.M.</b> STRENGTH 1 HOUR		<b>6:15 A.M.</b> STRENGTH 1 HOUR		<b>6:15 A.M.</b> STRENGTH 1 HOUR		
	<b>6 A.M.-9 A.M.</b> OPEN GYM		<b>5 A.M.-9 A.M.</b> OPEN GYM			
<b>8:30 A.M.</b> STRENGTH 1 HOUR		<b>8:30 A.M.</b> STRENGTH 1 HOUR	<b>9 A.M.</b> CONDITIONING 1 HOUR	<b>8:30 A.M.</b> STRENGTH 1 HOUR	<b>8 A.M.</b> FIT CIRCUIT 1 HOUR	
<b>9:30 A.M.</b> STRENGTH 1 HOUR	<b>9 A.M.</b> CONDITIONING 1 HOUR	<b>9:30 A.M.</b> STRENGTH 1 HOUR	<b>10 A.M.</b> STRETCH AND RECOVERY 45 MIN	<b>9:30 A.M.</b> STRENGTH 1 HOUR	<b>9:15 A.M.</b> FIT CIRCUIT 1 HOUR	

\*OPEN GYM AVAILABLE WITH GROUP TRAINING MEMBERSHIPS



# FIT GROUP TRAINING SCHEDULE

## AFTERNOON

M	T	W	TH	F	SA	SU
<b>LOWER BODY EMPHASIS</b>	<b>CONDITIONING: POWER INTERVALS</b>	<b>UPPER BODY EMPHASIS</b>	<b>CONDITIONING: AEROBIC ENDURANCE/ CARDIAC OUTPUT</b>	<b>FULL BODY</b>	<b>FULL BODY CIRCUIT</b>	
<b>4 P.M.</b> STRENGTH 1 HOUR	<b>4 P.M.</b> CONDITIONING 1 HOUR	<b>4 P.M.</b> STRENGTH 1 HOUR	<b>4 P.M.</b> CONDITIONING 1 HOUR	<b>4 P.M.</b> STRENGTH 1 HOUR		
	<b>5 P.M.</b> FIT WEIGHTLIFTING 1 HOUR					
	<b>5-6:15 P.M.</b> OPEN GYM		<b>5-6:15 P.M.</b> OPEN GYM			
<b>5:15 P.M.</b> STRENGTH 1 HOUR		<b>5:15 P.M.</b> STRENGTH 1 HOUR				
<b>6:30 P.M.</b> STRENGTH 1 HOUR	<b>6:15 P.M.</b> CONDITIONING 1 HOUR	<b>6:30 P.M.</b> STRENGTH 1 HOUR	<b>6:15 P.M.</b> CONDITIONING 1 HOUR			

\*OPEN GYM AVAILABLE WITH GROUP TRAINING MEMBERSHIPS