

August 2010 Fitness Assessment Classes

NOTE: Parent/Youth Fit Class is a circuit class designed for ages 10 and up. Parent or legal guardian is required to accompany youth ages 10-15 for all Fit Classes. All classes will be held in Gym Court 2.



2	Monday	3	Tuesday	4	Wednesday	5	Thursday	6	Friday	7	Saturday
Core/Abs Cardio/Cycle	1130-1200 1200-1245	Core/Abs Strength training 101 Cardio/Core/Strength training Cardio/Strength Training	0700-0730 0730-0830 1130-1215 1530-1615	Fat Burn/Tone Core/Abs Kickboxing/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Core/Abs Cardio/Core/Strength training Strength training 101 Cardio/Strength Training	0700-0730 1130-1215 1530-1630 1530-1615	Core/Abs Cardio/Cycle	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
9	Monday	10	Tuesday	11	Wednesday	12	Thursday	13	Friday	14	Saturday
Core/Abs Cardio/Cycle	1130-1200 1200-1245	Core/Abs Strength training 101 Cardio/Core/Strength training Cardio/Strength Training	0700-0730 0730-0830 1130-1215 1530-1615	Fat Burn/Tone Core/Abs Kickboxing/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Core/Abs Cardio/Core/Strength training Strength training 101 Cardio/Strength Training	0700-0730 1130-1215 1530-1630 1530-1615	Core/Abs Cardio/Cycle	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
16	Monday	17	Tuesday	18	Wednesday	19	Thursday	20	Friday	21	Saturday
Core/Abs Cardio/Cycle	1130-1200 1200-1245	Core/Abs Strength training 101 Cardio/Core/Strength training Cardio/Strength Training	0700-0730 0730-0830 1130-1215 1530-1615	Fat Burn/Tone Core/Abs Kickboxing/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Core/Abs Cardio/Core/Strength training Strength training 101 Cardio/Strength Training	0700-0730 1130-1215 1530-1630 1530-1615	Core/Abs Cardio/Cycle	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
23	Monday	24	Tuesday	25	Wednesday	26	Thursday	27	Friday	28	Saturday
Core/Abs Cardio/Cycle	1130-1200 1200-1245	Core/Abs Strength training 101 Cardio/Core/Strength training Cardio/Strength Training	0700-0730 0730-0830 1130-1215 1530-1615	Fat Burn/Tone Core/Abs Kickboxing/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Core/Abs Cardio/Core/Strength training Strength training 101 Cardio/Strength Training	0700-0730 1130-1215 1530-1630 1530-1615	Core/Abs Cardio/Cycle	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
30	Monday	31	Tuesday								
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All Classes Meet Fitness Improvement Program (FIP) Requirements
Contact the Fitness Center at 722-0408 for Questions