


January 2012 Fitness Assessment Classes

NOTE: All Classes will be held in Gym Court 2



2	Monday	3	Tuesday	4	Wednesday	5	Thursday	6	Friday
		Bootcamp 0530-0630		Core/Abs 1145-1215 Bootcamp 1215-1300		Bootcamp 1630-1730	Core/Abs 1145-1215 Bootcamp 1215-1300	Bootcamp 1630-1730	Bootcamp 1630-1730
9	Monday	10	Tuesday	11	Wednesday	12	Thursday	13	Friday
Core/Abs 1145-1215 Bootcamp 1215-1300		Bootcamp 0530-0630		Core/Abs 1145-1215 Bootcamp 1215-1300		Bootcamp 1630-1730	Core/Abs 1145-1215 Bootcamp 1215-1300		
16	Monday	17	Tuesday	18	Wednesday	19	Thursday	20	Friday
Down Day 		Bootcamp 0530-0630		Core/Abs 1145-1215 Bootcamp 1215-1300		Bootcamp 1630-1730	Core/Abs 1145-1215 Bootcamp 1215-1300		
23	Monday	24	Tuesday	25	Wednesday	26	Thursday	27	Friday
Core/Abs 1145-1215 Bootcamp 1215-1300		Bootcamp 0530-0630		Core/Abs 1145-1215 Bootcamp 1215-1300		Bootcamp 1630-1730	Core/Abs 1145-1215 Bootcamp 1215-1300		
31	Monday								
Core/Abs 1145-1215 Bootcamp 1215-1300									

Contact the Fitness Center at 722-0408 for Questions