

September 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.



30-Aug	Monday	31-Aug	Tuesday	1	Wednesday	2	Thursday	3	Friday	4	Saturday
ABS CYCLE	1130-1200 1200-1245	Extreme ABS Strength training 101 Cardio/Core/Strength training BOOTCAMP	0700-0730 0730-0830 1200-1245 1530-1615	Circuit Training ABS Cycle/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Extreme ABS Cardio/Core/Strength training Strength training 101 BOOTCAMP	0700-0730 1200-1245 1530-1630 1530-1615	ABS CYCLE	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday	11	Saturday
ABS CYCLE	1130-1200 1200-1245	Extreme ABS Strength training 101 Cardio/Core/Strength training BOOTCAMP	0700-0730 0730-0830 1200-1245 1530-1615	Circuit Training ABS Cycle/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Extreme ABS Cardio/Core/Strength training Strength training 101 BOOTCAMP	0700-0730 1200-1245 1530-1630 1530-1615	ABS CYCLE	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday
ABS CYCLE	1130-1200 1200-1245	Extreme ABS Strength training 101 Cardio/Core/Strength training BOOTCAMP	0700-0730 0730-0830 1200-1245 1530-1615	Circuit Training ABS Cycle/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Extreme ABS Cardio/Core/Strength training Strength training 101 BOOTCAMP	0700-0730 1200-1245 1530-1630 1530-1615	ABS CYCLE	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday
ABS CYCLE	1130-1200 1200-1245	Extreme ABS Strength training 101 Cardio/Core/Strength training BOOTCAMP	0700-0730 0730-0830 1200-1245 1530-1615	Circuit Training ABS Cycle/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Extreme ABS Cardio/Core/Strength training Strength training 101 BOOTCAMP	0700-0730 1200-1245 1530-1630 1530-1615	ABS CYCLE	1130-1200 1200-1245	Parent/Youth Fit Class Cardio/Core/Strength training	1000-1045 1100-1145
27	Monday	28	Tuesday	29	Wednesday	30	Thursday				
ABS CYCLE	1130-1200 1200-1245	Extreme ABS Strength training 101 Cardio/Core/Strength training BOOTCAMP	0700-0730 0730-0830 1200-1245 1530-1615	Circuit Training ABS Cycle/Tone Parent/Youth Fit Class	0700-0745 1130-1200 1200-1245 1730-1815	Extreme ABS Cardio/Core/Strength training Strength training 101 BOOTCAMP	0700-0730 1200-1245 1530-1630 1530-1615				

All Classes Meet Fitness Improvement Program (FIP) Requirements

Contact the Fitness Center at 722-0408 for Questions