

February 2012 Fitness Assessment Classes



NOTE: All Classes will be held in Gym Court 2



Monday	Tuesday	1	Wednesday	2	Thursday	3	Friday		
			Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300			
6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday
Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300			
13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday
Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300			
20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday
Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300			
27	Monday	28	Tuesday	29	Wednesday				
Core/Abs Bootcamp 1145-1215 1215-1300	Bootcamp 0530-0630 Bootcamp 1630-1730		Core/Abs Bootcamp 1145-1215 1215-1300						

Contact the Fitness Center at 722-0408 for Questions