

# JULY 2017 Fit Club Workout Calendar

# Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
25	26 Legs & Core <i>Weekly Weight Watch</i>	27 Chest & Back	28 Abs, Shoulders & Arms	29 Lower Body Power	30 Upper Body Power	1 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
2	3 Speed & Core <i>Weekly Weight Watch</i>	4 4th of July Workout 6am, 8am & 10am <i>Closed at 1200pm</i>	5 Strength	6 Power	7 Endurance	8 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
9	10 Upper Body Strength <i>Weekly Weight Watch</i>	11 Legs & Cardio	12 Agility & Plyo's	13 Upper Body Blaster	14 Legs & Abs	15 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
16	17 Abs & Plyo's <i>Weekly Weight Watch</i>	18 Upper Body Endurance	19 Lower Body Endurance	20 Cardio & Core	21 Total Body	22 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
23	24 Abs & Intervals <i>Weekly Weight Watch</i>	25 Lower Body Strength	26 Upper Body Pull	27 Upper Body Push	28 Bodyweight Legs	29 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit