

# AUGUST 2017 Fit Club Workout Calendar

# Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
30 <i>Weekly Weight Watch</i>	31 <b>Legs &amp; Abs</b>	1 <b>Upper Body Blaster</b>	2 <b>Cardio Core</b>	3 <b>Total Body Pull</b>	4 <b>Total Body Push</b>	5 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
6 <i>Weekly Weight Watch</i>	7 <b>Upper Body Push</b>	8 <b>Upper Body Pull</b>	9 <b>Speed</b>	10 <b>Power</b>	11 <b>Endurance</b>	12 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
13 <i>Weekly Weight Watch</i>	14 <b>Lower Body</b>	15 <b>Upper Body</b>	16 <b>CV Power</b>	17 <b>Abs &amp; Core</b>	18 <b>Total Body</b>	19 <b>ASSESSMENTS</b>
20 <i>Weekly Weight Watch</i>	21 <b>Speed &amp; Core</b>	22 <b>Upper Body Strength</b>	23 <b>Legs &amp; Cardio</b>	24 <b>Abs &amp; Agility</b>	25 <b>Power &amp; Plyos</b>	26 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
27 <i>Weekly Weight Watch</i>	28 <b>Cardio &amp; Abs</b>	29 <b>Lower Body Strength</b>	30 <b>Upper Body Pull</b>	31 <b>Upper Body Push</b>	1 <b>Bodyweight Legs</b>	2 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit