

December 2017 Fit Club Workout Calendar

Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
26 <i>Weekly Weight Watch</i>	27 Cardio & Abs	28 Legs & Cardio	29 Upper Body Pull	30 Upper Body Push	1 Power, Plyo's, & Core	2 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
3	4 Power & Core	5 Upper Body Blaster	6 Legs & Core	7 Arms & Abs	8 Chest, Back, & Shoulders	9 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
10 <i>Weekly Weight Watch</i>	11 Leg Strength	12 Upper Body Push Strength	13 Upper Body Pull Strength	14 Abs & Intervals	15 Bodyweight Legs	16 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
17 <i>Weekly Weight Watch</i>	18 Total Body Strength	19 Core, Plyo's, & Speed	20 Total Body Pull	21 Total Body Push	22 Agility & Abs	23 Christmas Holiday Workout 530am, 700am, 830am, 10am & 1130am Closed @ 2PM
24 <i>Weekly Weight Watch</i>	25 MERRY CHRISTMAS!! CLOSED	26 Total Body Endurance	27 Cardio & Abs	28 Lower Body Strength	29 Upper Body Strength	30 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit