

November 2017 Fit Club Workout Calendar

Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
29 <i>Weekly Weight Watch</i>	30 Power, Plyo's, & Core	31 Total Body Endurance	1 Total Body Cardio	2 Total Body Strength	3 Abs & Intervals	4 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
5	6 Leg Strength	7 Speed & Core	8 Chest, Back, & Cardio	9 Shoulders, Arms, & Intervals	10 Bodyweight Legs	11 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
12 <i>Weekly Weight Watch</i>	13 Upper Body	14 Lower Body	15 CV Power Assessments	16 Abs & Core Assessments	17 Total Body Assessments	18 ASSESSMENTS
19 <i>Weekly Weight Watch</i>	20 Pull Strength	21 Push Strength	22 Agility & Abs Closed @ 630PM	23 11th Annual Thanksgiving Day Workout 530AM, 700AM & 830AM Closed @ 10AM	24 Butterball Burner 6AM, 715AM, 830AM, 945AM & 11AM Closed @ 1PM	25 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
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