

October 2017 Fit Club Workout Calendar

Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 <i>Weekly Weight Watch</i>	2 Legs & Cardio	3 Upper Body Blaster	4 Abs & Agility	5 Total Body Power	6 Speed, Core, & Glutes	7 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
8	9 Upper Body	10 Lower Body	11 CV Power Assessments	12 Abs & Core Assessments	13 Total Body Assessments	14 ASSESSMENTS
15 <i>Weekly Weight Watch</i>	16 Lower Body Strength	17 Upper Body Strength	18 Cardio Core	19 Lower Body Endurance	20 Upper Body Endurance	21 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
22 <i>Weekly Weight Watch</i>	23 Arms & Intervals	24 Shoulders, Legs, & Cardio	25 Chest, Back, & Agility	26 Abs & CV Endurance	27 Total Body Blaster	28 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit 9am- Circuit 1030am- Circuit 1130am- Circuit
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