



# CFIT TRAINING

**SUMMER 2017**

Sign up for Training at Desk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM			<b>EXPRESS 30 Workout</b> (60 min)		<b>UPPER-BODY Strength Equip.</b> (60 min)	<b>EXPRESS 30 Workout</b> (60 min)	
10:30 AM		<b>EXPRESS 30 Workout</b> (30 min)					
11:00 AM		<b>LOWER-BODY Strength Equip.</b> (60 min)		<b>UPPER-BODY Strength Equip.</b> (60 min)	<b>LOWER-BODY Strength Equip.</b> (60 min)	<b>UPPER-BODY Strength Equip.</b> (60 min)	
5:00 PM		<b>EXPRESS 30 Workout</b> (60 min)	<b>UPPER-BODY Strength Equip.</b> (60 min)	<b>LOWER-BODY Strength Equip.</b> (60 min)	<b>CLUB HOURS</b> <b>Monday-Thursday:</b> 5:00am - 10:00pm <b>Friday:</b> 5:00am - 9:00pm <b>Saturday:</b> 6:00am - 6:00pm <b>Sunday:</b> 6:00am - 5:00pm		<b>KIDS CLUB:</b> Mon, Wed, Fri, Sat 9am - 11:30am Mon, Wed, Fri: 5:30pm - 7:30pm  <b>PREMIER MEMBERSHIP</b> HydroMassage Bed or Gold Tanning Plus Select Guest Pass each Month
6:00 PM	<b>EXPRESS 30 Workout</b> (60 min)	<b>UPPER-BODY Strength Equip.</b> (60 min)	<b>LOWER-BODY Strength Equip.</b> (60 min)	<b>EXPRESS 30 Workout</b> (60 min)			