



CFIT TRAINING

SUMMER 2017

Sign up for Training at Desk

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