



# CFIT TRAINING

WINTER 2018

Sign up for Training at Desk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	 <b>EXPRESS 30</b> <i>Workout</i> 10:00-11:00a	 <b>EXPRESS 30</b> <i>Workout</i> 10:00-11:00a	<b>LOWER-BODY</b> Strength Equip. 10:00-11:00a	<b>UPPER-BODY</b> Strength Equip. 10:00-11:00a	 <b>EXPRESS 30</b> <i>Workout</i> 10:00-11:00a	
	 <b>EXPRESS 30</b> <i>Workout</i> 5:00-6:00p	<b>UPPER-BODY</b> Strength Equip. 5:00-6:00p	<b>LOWER-BODY</b> Strength Equip. 5:00-6:00p	<b>CLUB HOURS</b> Monday-Thursday: 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 6:00am - 6:00pm Sunday: 6:00am - 5:00pm		<b>KIDS CLUB:</b> Mon, Wed, Fri, Sat 9am - 11:30am Mon, Wed, Fri: 5:30pm - 7:30pm
 <b>EXPRESS 30</b> <i>Workout</i> 6:00-7:00p	<b>UPPER-BODY</b> Strength Equip. 6:00-7:00p	<b>LOWER-BODY</b> Strength Equip. 6:00-7:00p	 <b>EXPRESS 30</b> <i>Workout</i> 6:00-7:00p			<b>PREMIER MEMBERSHIP</b> HydroMassage Bed or Gold Tanning Plus Select Guest Pass each Month