



CFIT TRAINING

SPRING 2018

Sign up for Training at Desk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | | | | |
|---|---|---|---|---|---|---|
| | EXPRESS 30 Workout 10:00-11:00a | EXPRESS 30 Workout 10:00-11:00a | LOWER-BODY Strength Equip. 10:00-11:00a | UPPER-BODY Strength Equip. 10:00-11:00a | EXPRESS 30 Workout 10:00-11:00a | |
| | EXPRESS 30 Workout 5:00-6:00p | UPPER-BODY Strength Equip. 5:00-6:00p | LOWER-BODY Strength Equip. 5:00-6:00p | 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 |
| EXPRESS 30 Workout 6:00-7:00p | UPPER-BODY Strength Equip. 6:00-7:00p | LOWER-BODY Strength Equip. 6:00-7:00p | EXPRESS 30 Workout 5:00-6:00p | | | |