

# APRIL 2017 Fit Club Workout Calendar

# Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
26	27 Upper Body <i>Weekly Weight Watch</i>	28 Lower Body	29 CV Power	30 Abs & Core	31 Total Body	1 <b>ASSESSMENTS</b>
2	3 Lower Body Blaster <i>Weekly Weight Watch</i>	4 Speed & Core	5 <b>ASSESSMENTS</b> Upper Body Strength	6 <b>ASSESSMENTS</b> Lower Body Strength	7 Abs & Agility	8 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
9	10 Upper Body Push <i>Weekly Weight Watch</i>	11 Upper Body Pull	12 Legs & Cardio	13 All Abs	14 Upper Body Blaster	15 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
16 <b>HAPPY EASTER</b>	17 Cardio & Abs <i>Weekly Weight Watch</i>	18 Power Legs	19 Back, Bi's & Intervals	20 Chest, Tri's & Cardio	21 Bodyweight Legs	22 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
23	24 Total Body Push <i>Weekly Weight Watch</i>	25 Total Body Pull	26 Total Body Cardio	27 Power & Plyo's	28 Total Body Strength	29 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit