

JUNE 2017 Fit Club Workout Calendar

Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
28	29 MEMORIAL DAY WORKOUT 5AM, 615AM, 730AM, 845AM, 10AM & 1115AM CLOSED @ 1PM	30 Upper Body Push	31 Upper Body Pull	1 Lower Body Blaster	2 Abs & Agility	3 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
4	5 Chest, Tri's & Cardio <i>Weekly Weight Watch</i>	6 Back, Bi's & Intervals	7 Legs & Cardio	8 Speed & Core	9 Power & Plyos	10 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
11	12 Cardio & Abs <i>Weekly Weight Watch</i>	13 Lower Body Strength	14 Upper Body Pull Strength	15 Upper Body Push Strength	16 Bodyweight Legs	17 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit
18	19 Upper Body <i>Weekly Weight Watch</i>	20 Lower Body	21 CV Power ASSESSMENTS	22 Abs & Core ASSESSMENTS	23 Total Body	24 ASSESSMENTS
25	26 Legs & Core <i>Weekly Weight Watch</i>	27 Chest & Back	28 Abs, Shoulders & Arms	29 Lower Body Power	30 Upper Body Power	1 530am- Circuit 630am- Circuit 630am- Spin/Abs 8am- Circuit or Spin/Abs 9am- Circuit 1030am- Circuit 1130am- Circuit