

COURTS PLUSSM

FIT 4 LIFE EXERCISE SCHEDULE

SEPT 1 – NOV 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30–5:00pm Circuit / Strength	4:30-5:00pm Fitness Challenge	4:30-5:00pm Circuit /Strength	4:30-5:00pm Fitness Challenge	4:30-5:00pm Circuit / Strength	8:00-8:30am Core & More	8:00-8:30am Fitness Fusion
5:00-5:30pm Core & More	5:00-5:30pm Fit & Fast	5:00-5:30pm Core & More	5:00-5:30pm Fit & Fast	5:00-5:30pm Fit & fast	8:30-9:00am Workout of the day	8:30-9:00am Circuit /Strength
5:30-6:00pm Circuit / Strength	5:30-6:00pm Fitness Challenge	5:30-6:00pm Circuit /Strength	5:30-6:00pm Fitness Challenge	5:30-6:00pm Circuit / Strength	9:00-9:30 am Core & More	9:00-9:30am Fitness Fusion
6:00 – 6:30pm Core & More	6:00-6:30pm Fit & Fast	6:00-6:30pm Core & More	6:00-6:30pm Fit & Fast	6:00-6:30pm Fit & Fast	9:30-10:00am Workout of the day	9:30-10:00am Circuit / Strength
6:30-7:00 pm Fit & Fast	6:30-7:00pm Fitness Fusion	6:30-7:00pm Fit & Fast	6:30-7:00pm Fitness Fusion		10:00-10:30am Core & More	10:00-10:30am Fitness Fusion
7:00 - 7:30pm Fitness Fusion	7:00-7:30pm Circuit / Strength	7:00-7:30pm Fitness Fusion	7:00-7:30pm Circuit / Strength		10:30-11:00am Fitness Challenge	10:30-11:00am Circuit /Strength
7:30-8:00pm Fit & Fast	7:30-8:00pm Fitness Fusion	7:30-8:00pm Fit & Fast	7:30-8:00pm Fitness Fusion		11:00- 11:30am Fitness Fusion	11:00-11:30am Core & More
8:00-8:30pm Fitness Fusion	8:00-8:30pm Circuit Strength	8:00-8:30pm Fitness Fusion	8:00-8:30pm Circuit Strength		11:30-12:00pm Circuit /Strength	11:30-12:00pm Fit & Fast
					12:00-12:30pm Workout of the day	12:00-12:30pm Fitness Challenge
					12:30-1:00pm Circuit / Strength	12:30-1:00pm Core & More
					1:00-1:30pm Workout of the day	1:00-1:30pm Fitness Challenge
					1:30-2:00pm Circuit / Strength	1:30-2:00pm Core & More

DESCRIPTIONS

The Following Classes Do Not Require Pre-Registration. Please sign your children in/out as the instructor will be preparing for his/her next class.

- Circuit / Strength - Combination of strength and moves with bursts or cardiovascular exercises and or drills
- Core & More - Exercises geared towards the abdominal and torso area; legs, abdominals, low back
- Fit & Fast - Agility drills, speed drills, running, with some strength and stretching components
- Fitness Challenge - Variety of exercises and or fun games set together to challenge your mind and body.
- Fitness Fusion - Blend of strength, cardio, and agility format
- Workout of the day - Instructor Choice and implementation of workout

- Courts Plus cannot guarantee that there may not be a substitute instructor for a particular class.

Fit 4 Life makes an effort to provide a quality, supervised setting that is fun, challenging and non-competitive. Our #1 goal is to inspire and instruct healthy habits. Please call (630) 833-5064 with any questions.