

FIT 4 LIFE EXERCISE SCHEDULE SEPT 1 – NOV 30

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|---|
| 4:00–4:30pm Circuit / Strength DAYLEE | 4:00-4:30pm Fitness Challenge NORA | 4:00-4:30pm Circuit /Strength SANDRA | 4:00-4:30pm Fitness Challenge AIDAN | | 8:00-8:30am Core & More TONY | 8:00-8:30am Core & More GEORGE |
| 4:30-5:00pm Core & More DAYLEE | 4:30-5:00pm Fit & Fast NORA | 4:30-5:00pm Core & More SANDRA | 4:30-5:00pm Fit & Fast AIDAN | | 8:30-9:00am Workout of the day TONY | 8:30-9:00am Fitness Fusion GEORGE |
| 5:00-5:30pm Circuit / Strength DAYLEE | 5:00-5:30pm Fitness Challenge NORA | 5:00-5:30pm Circuit /Strength SANDRA | 5:00-5:30pm Fitness Challenge AIDAN | | 9:00-9:30 am Core & More TONY | 9:00-9:30am Core & More GEORGE |
| 5:30 – 6:00pm Core & More DAYLEE | 5:30-6:00pm Fit & Fast NORA | 5:30-6:00pm Core & More SANDRA | 5:30-6:00pm Fit & Fast AIDAN | | 9:30-10:00am Workout of the day TONY | 9:30-10:00am Fitness Fusion GEORGE |
| 6:00-6:30 pm Fit & Fast TONY | 6:00-6:30pm Fitness Fusion NORA | 6:00-6:30pm Fit & Fast ERIN | 6:00-6:30pm Fitness Fusion ANDREW | | 10:00-10:30am Core & More TONY | 10:00- 10:30am Workout of the Day GEORGE |
| 6:30 - 7:00pm Fitness Fusion TONY | 6:30-7:00pm Circuit / Strength NORA | 6:30-7:00pm Fitness Fusion ERIN | 6:30-7:00pm Circuit / Strength ANDREW | | 10:30-11:00am Fitness Fusion TONY | 10:30-11:00am Fit & Fast GEORGE |
| 7:00-7:30pm Fit & Fast TONY | 7:00-7:30pm Fitness Fusion NORA | 7:00-7:30pm Fit & Fast ERIN | 7:00-7:30pm Fitness Fusion ANDREW | | 11:00-11:30am Fit & Fast BEN | 11:00-11:30am Workout of the Day GEORGE |
| 7:30-8:00pm Fitness Fusion TONY | 7:30-8:00pm Circuit Strength NORA | 7:30-8:00pm Fitness Fusion ERIN | 7:30-8:00pm Circuit Strength ANDREW | | 11:30-12pm Fitness Fusion BEN | 11:30-12:00pm Fit & Fast GEORGE |
| | | | | | 12:00-12:30pm Fit & Fast BEN | |
| | | | | | 12:30-1:00pm Fitness Fusion BEN | |
| | | | | 1:00-1:30pm Workout of the Day BEN | | |
| | | | | 1:30-2:00pm Core & More BEN | | |

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.