

# COURTS PLUS<sup>SM</sup>

## FIT 4 LIFE EXERCISE SCHEDULE

### DEC 1 – FEB 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30–5:00pm <b>Circuit / Strength</b> LESLIE	4:30-5:00pm <b>Fitness Challenge</b> GEORGE	4:30-5:00pm <b>Circuit /Strength</b> SANDRA	4:30-5:00pm <b>Fitness Challenge</b> DAWSON	4:30-5:00pm <b>Circuit / Strength</b> LESLIE	8:00-8:30am <b>Core &amp; More</b> ALEX	8:00-8:30am <b>Fitness Fusion</b> SANDRA
5:00-5:30pm <b>Core &amp; More</b> LESLIE	5:00-5:30pm <b>Fit &amp; Fast</b> GEORGE	5:00-5:30pm <b>Core &amp; More</b> SANDRA	5:00-5:30pm <b>Fit &amp; Fast</b> DAWSON	5:00-5:30pm <b>Fit &amp; Fast</b> LESLIE	8:30-9:00am <b>Workout of the day</b> ALEX	8:30-9:00am <b>Circuit /Strength</b> SANDRA
5:30-6:00pm <b>Circuit / Strength</b> LESLIE	5:30-6:00pm <b>Fitness Challenge</b> GEORGE	5:30-6:00pm <b>Circuit /Strength</b> SANDRA	5:30-6:00pm <b>Fitness Challenge</b> DAWSON	5:30-6:00pm <b>Circuit / Strength</b> LESLIE	9:00-9:30 am <b>Core &amp; More</b> ALEX	9:00-9:30am <b>Fitness Fusion</b> SANDRA
6:00 – 6:30pm <b>Core &amp; More</b> LESLIE	6:00-6:30pm <b>Fit &amp; Fast</b> GEORGE	6:00-6:30pm <b>Core &amp; More</b> SANDRA	6:00-6:30pm <b>Fit &amp; Fast</b> DAWSON	6:00-6:30pm <b>Fit &amp; Fast</b> LESLIE	9:30-10:00am <b>Workout of the day</b> ALEX	9:30-10:00am <b>Circuit / Strength</b> SANDRA
6:30-7:00 pm <b>Fit &amp; Fast</b> GEORGE	6:30-7:00pm <b>Fitness Fusion</b> ANDREW	6:30-7:00pm <b>Fit &amp; Fast</b> SANDRA	6:30-7:00pm <b>Fitness Fusion</b> CAALA		10:00-10:30am <b>Core &amp; More</b> ALEX	10:00-10:30am <b>Fitness Fusion</b> SANDRA
7:00 - 7:30pm <b>Fitness Fusion</b> GEORGE	7:00-7:30pm <b>Circuit / Strength</b> ANDREW	7:00-7:30pm <b>Fitness Fusion</b> SANDRA	7:00-7:30pm <b>Circuit / Strength</b> CAALA		10:30-11:00am <b>Fitness Challenge</b> ALEX	10:30-11:00am <b>Circuit /Strength</b> SANDRA
7:30-8:00pm <b>Fit &amp; Fast</b> GEORGE	7:30-8:00pm <b>Fitness Fusion</b> ANDREW	7:30-8:00pm <b>Fit &amp; Fast</b> SANDRA	7:30-8:00pm <b>Fitness Fusion</b> CAALA		11:00- 11:30am <b>Fitness Fusion</b> ANDREW	11:00-11:30am <b>Core &amp; More</b> GEORGE
8:00-8:30pm <b>Fitness Fusion</b> GEORGE	8:00-8:30pm <b>Circuit Strength</b> ANDREW	8:00-8:30pm <b>Fitness Fusion</b> SANDRA	8:00-8:30pm <b>Circuit Strength</b> CAALA		11:30-12:00pm <b>Circuit /Strength</b> ANDREW	11:30-12:00pm <b>Fit &amp; Fast</b> GEORGE
					12:00-12:30pm <b>Workout of the day</b> ANDREW	12:00-12:30pm <b>Fitness Challenge</b> GEORGE
					12:30-1:00pm <b>Circuit / Strength</b> ANDREW	12:30-1:00pm <b>Core &amp; More</b> GEORGE
					1:00-1:30pm <b>Workout of the Day</b> ANDREW	1:00-1:30pm <b>Fitness Challenge</b> GEORGE
					1:30-2:00pm <b>Circuit / Strength</b> ANDREW	1:30-2:00pm <b>Core &amp; More</b> GEORGE

## 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.**