



FIT 4 LIFE EXERCISE SCHEDULE

SEPT. 1 – NOV. 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30–5:30 pm Circuit (Leslie)	4:30-5:30 pm Kids Choice (Chelsea)	4:30-5:30 pm Core & More (Chelsea)	4:30-5:30 pm Workout of the Day (Kathryn)	4:30-5:30pm Circuit /Strength (Leslie)	8:30-9:30 am Circuit/Strength (Kathryn)	8:30-9:30am Fitness Fusion (Kathryn)
5:30-6:30 pm Strength Interval (Leslie)	5:30-6:30 pm Circuit (Chelsea)	5:30-6:30 pm Kids Choice (Chelsea)	5:30-6:30pm Fit & Fast (Kathryn)	5:30-6:30pm Fitness Fusion (Leslie)	9:30-10:30 am Kids Choice (Kathryn)	9:30-10:30am Workout of the Day (Kathryn)
6:30-7:00 pm Fit & Fast (Chelsea)	6:30-7:30pm Fitness Fusion (Chelsea)	6:30-7:00 pm Fit & Fast (Chelsea)	6:30-7:30pm Fitness Fusion (Lindsay)		11:00-12:00pm Kids Choice (Alex/Aidan)	11:00-12:00pm Circuit / Strength (Dawson)
7:00-8:00pm Workout of the Day (Chelsea)	7:30-8:30pm Fit & Fast (Chelsea)	7:00-8:00pm Circuit / Strength (Chelsea)	7:30-8:00pm Obstacle Challenge (Lindsay)		12:00- 1:00pm Workout of the Day (Alex/Aidan)	12:00-1:00pm Kids Choice (Dawson)
8:00-8:30pm Circuit /Strength (Chelsea)		8:00-8:30pm Workout of the Day (Chelsea)	8:00-8:30pm Core & More (Lindsay)		1:00:-1:30pm Core & More (Alex/Aidan)	1:00-1:30pm Fit & Fast (Dawson)
					Open till 2pm	Open till 2pm

DESCRIPTIONS

<p>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.</p> <p>Circuit / Strength - Combination of strength machines and moves with bursts or cardiovascular exercises and or drills</p> <p>Core & More - Exercises geared towards the abdominal and torso area; legs, abdominals, low back</p> <p>Fit & Fast - Agility drills, speed drills, running, with some strength and stretching components</p> <p>Obstacle Challenge - Variety of exercises and or fun games set together</p> <p>Fitness Fusion - Blend of strength, cardio, and agility format</p> <p>Workout of the day - Instructor Choice and implementation of workout</p> <p>Kids Choice - Kids Choice of class represented on the schedule for instructor to lead</p> <ul style="list-style-type: none"> • 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.

**If you have any questions or comments regarding the program and or schedule please email:
Anthony Larocco Fitness Supervisor alarocco@epd.org**