



**COMMIT TO GET FIT SCHEDULE**  
**AUGUST 2 - AUGUST 21**

**MONDAY**

**August 2**  
**6:00pm**  
45 minutes

**August 9**  
**6:00pm**  
45 minutes

**August 16**  
**6:00pm**  
45 minutes

**WEDNESDAY**

**August 4**  
**6:00pm**  
45 minutes

**August 11**  
**6:00pm**  
45 minutes

**August 18**  
**6:00pm**  
45 minutes

**SATURDAY**

**August 7 - 9:00am**  
60 minutes  
Optional Weigh-In

**August 14 - 9:00am**  
60 minutes  
Optional Weigh-In

**August 21 - 9:00am**  
60 minutes  
Optional Weigh-In  
**Final Session**