



COMMIT TO GET FIT SCHEDULE
AUGUST 7 - AUGUST 30

MONDAY

August 7
6:00pm
45 minutes

August 14
6:00pm
45 minutes

August 21
6:00pm
45 minutes

August 28
6:00pm
45 minutes

WEDNESDAY

August 9
6:00pm
45 minutes

August 16
6:00pm
45 minutes

August 23
6:00pm
45 minutes

August 30
6:00pm
45 minutes
Final Session