



**COMMIT TO GET FIT SCHEDULE  
DECEMBER 3 - DECEMBER 28**

**MONDAY**

**WEDNESDAY**

**SATURDAY**

**December 3**

**9:00am**

60 minutes

Optional Weigh-In

**December 5**

**6:00pm**

45 minutes

**December 7**

**6:00pm**

45 minutes

**December 10**

**9:00am**

60 minutes

Optional Weigh-In

**December 12**

**6:00pm**

45 minutes

**December 14**

**6:00pm**

45 minutes

**December 17**

**9:00am**

60 minutes

Optional Weigh-In

**December 19**

**6:00pm**

45 minutes

**December 21**

**6:00pm**

45 minutes

**December 24**

**NO WORKOUT**

**December 26**

**NO WORKOUT**

**December 28**

**6:00pm**

45 minutes

**Final Session**