



**COMMIT TO GET FIT SCHEDULE  
DECEMBER 4 - DECEMBER 20**

**MONDAY**

**December 4**

**6:00pm**

45 minutes

**December 11**

**6:00pm**

45 minutes

**December 18**

**6:00pm**

45 minutes

**WEDNESDAY**

**December 6**

**6:00pm**

45 minutes

**December 13**

**6:00pm**

45 minutes

**December 20**

**6:00pm**

45 minutes

**Final Session**