



**COMMIT TO GET FIT SCHEDULE**  
**JANUARY 3 - JANUARY 29**

**MONDAY**

**January 3**  
**6:00pm**  
45 minutes

**January 10**  
**6:00pm**  
45 minutes

**January 17**  
**6:00pm**  
45 minutes

**January 24**  
**6:00pm**  
45 minutes

**WEDNESDAY**

**January 5**  
**6:00pm**  
45 minutes

**January 12**  
**6:00pm**  
45 minutes

**January 19**  
**6:00pm**  
45 minutes

**January 26**  
**6:00pm**  
45 minutes

**SATURDAY**

**January 8 - 9:00am**  
60 minutes  
Optional Weigh-In

**January 15 - 9:00am**  
60 minutes  
Optional Weigh-In

**January 22 - 9:00am**  
60 minutes  
Optional Weigh-In

**January 29 - 9:00am**  
60 minutes  
Optional Weigh-In  
**Final Session**