



**COMMIT TO GET FIT SCHEDULE**  
**MARCH 4 - MARCH 25**

**MONDAY**

**THURSDAY**

**March 4**  
**6:05pm**  
45 minutes

**March 7**  
**6:05pm**  
45 minutes

**March 11**  
**6:05pm**  
45 minutes

**March 14**  
**6:05pm**  
45 minutes

**March 18**  
**6:05pm**  
45 minutes

**March 21**  
**6:05pm**  
45 minutes

**March 25**  
**6:05pm**  
45 minutes  
**Final Session**