



**COMMIT TO GET FIT SCHEDULE**  
**MAY 1 - MAY 27**

**MONDAY**

**WEDNESDAY**

**SATURDAY**

**May 1**  
**6:00pm**  
45 minutes

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

**May 6**  
**8:45am**  
60 minutes  
Optional Weigh-In

**May 8**  
**6:00pm**  
45 minutes

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

**May 13**  
**8:45am**  
60 minutes  
Optional Weigh-In

**May 15**  
**6:00pm**  
45 minutes

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

**May 20**  
**8:45am**  
60 minutes  
Optional Weigh-In

**May 22**  
**6:00pm**  
45 minutes

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

**May 27**  
**8:45am**  
60 minutes  
Optional Weigh-In  
**Final Session**