



**COMMIT TO GET FIT SCHEDULE
NOVEMBER 1 - NOVEMBER 29**

MONDAY

WEDNESDAY

November 1

6:00pm

45 minutes

November 6

6:00pm

45 minutes

November 8

6:00pm

45 minutes

November 13

6:00pm

45 minutes

November 15

6:00pm

45 minutes

November 20

6:00pm

45 minutes

November 22

NO SESSION

November 27

6:00pm

45 minutes

November 29

6:00pm

45 minutes

Final Session