



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

**MONDAY**

**WEDNESDAY**

**SATURDAY**

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

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

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

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

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

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

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

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

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

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

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

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