



COMMIT TO GET FIT SCHEDULE
OCTOBER 2 - OCTOBER 30

MONDAY

October 2
6:00pm
45 minutes

October 9
6:00pm
45 minutes

October 16
6:00pm
45 minutes

October 23
6:00pm
45 minutes

October 30
6:00pm
45 minutes
Final Session

WEDNESDAY

October 4
6:00pm
45 minutes

October 11
6:00pm
45 minutes

October 18
6:00pm
45 minutes

October 25
6:00pm
45 minutes