

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

MONDAY	WEDNESDAY	SATURDAY
	September 1 6:00pm 45 minutes	September 4 - 9:00am 60 minutes Optional Weigh-In
September 6 NO CLASS - Labor Day	September 8 6:00pm 45 minutes	September 11 - 9:00am 60 minutes Optional Weigh-In
September 13 6:00pm 45 minutes	September 15 6:00pm 45 minutes	September 18 - 9:00am 60 minutes Optional Weigh-In
September 20 6:00pm 45 minutes	September 22 6:00pm 45 minutes	September 25 - 9:00am 60 minutes Optional Weigh-In
September 27 6:00pm 45 minutes	September 29 6:00pm 45 minutes Final Session	