



**COMMIT TO GET FIT SCHEDULE
SEPTEMBER 6 - SEPTEMBER 27**

MONDAY

WEDNESDAY

September 6

6:00pm

45 minutes

September 11

6:00pm

45 minutes

September 13

6:00pm

45 minutes

September 18

6:00pm

45 minutes

September 20

6:00pm

45 minutes

September 25

6:00pm

45 minutes

September 27

6:00pm

45 minutes

Final Session