

COMMIT TO GET FIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
August 6 6:00pm <i>Kick-Off Session</i> 60 minutes IndoRow Room		August 8 6:00pm 45 minutes IndoRow Room			August 11 9:00am 60 minutes IndoRow Room	
August 13 6:00pm 45 minutes IndoRow Room "Sweat Chat" Post-Workout		August 15 6:00pm 45 minutes IndoRow Room			August 18 9:00am 60 minutes IndoRow Room	
August 20 6:00pm 45 minutes IndoRow Room "Sweat Chat" Post-Workout		August 22 6:00pm 45 minutes IndoRow Room			August 25 9:00am 60 minutes IndoRow Room	
August 27 6:00pm 45 minutes IndoRow Room "Sweat Chat" Post-Workout		August 29 6:00pm 45 minutes IndoRow Room			September 1 9:00am 60 minutes IndoRow Room	
Labor Day Off		September 5 6:00pm 45 minutes IndoRow Room			September 8 9:00am 60 minutes IndoRow Room	
September 10 6:00pm 45 minutes IndoRow Room "Sweat Chat" Post-Workout		September 12 6:00pm 45 minutes IndoRow Room			September 15 9:00am 60 minutes IndoRow Room	
September 17 9:00am <i>Final Session</i> 60 minutes IndoRow Room "Sweat Chat" Post-Workout						