

# September

# 2015

# Monday



# Preserve

Calendar Month

Calendar Year

First Day of Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01	02 5:30am Boot Camp Turbo Kick 6:30PM	03 Ab Attack 6pm	04 5:30am Boot Camp	05 Boot Camp XTREME 8:30am	06 Vinyasa Yoga 10am
07 labor day!	08 Pilate n Abs 7:30pm	09 5:30am Boot Camp Turbo Kick 6:30PM	10 Ab Attack 6pm	11 5:30am Boot Camp	12 Boot Camp XTREME 8:30am	13 Vinyasa Yoga 10am
14 5:30am Boot Camp Medicine Ball Blast 7pm	15 Pilate n Abs 7:30pm	16 5:30am Boot Camp Turbo Kick 6:30PM	17 Ab Attack 6pm	18 5:30am Boot Camp	19 no class	20 Vinyasa Yoga 10am
21 Medicine Ball Blast 7pm	22 Pilate n Abs 7:30pm	23 5:30am Boot Camp Turbo Kick 6:30PM	24 Ab Attack 6pm	25 5:30am Boot Camp	26 Boot Camp XTREME 8:30am	27 Vinyasa Yoga 10am
28 Medicine Ball Blast 7pm	29 Pilate n Abs 7:30pm	30 5:30am Boot Camp Turbo Kick 6:30PM	<b>FREE 30 MIN. PERSONAL TRAINING SESSION FOR ALL RESIDENTS!</b> <b>INCLUDES:</b> <b>-GYM ORIENTATION</b> <b>-BODY FAT ANALYSIS</b> <b>-PRE WORKOUT EVALUATION</b> <b>CONTACT 512-415-2828</b> <b>WWW.SHAPEUPCORPORATEFITNESS.COM</b>			

### FITNESS NEWS:

SHAPE UP FITNESS now offers ONLINE COACHING and Meal Planning! You get weekly check in's, strength training guidance & motivation to puh you towards your goals!  
 CONTACT 512-415-2828 FOR MORE INFO.