

FEBRUARY 2016

The Preserve at Travis Creek

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|---|------------------------|------------------------|-----------------------------------|-------------------------|
| 1 Boot Camp 5:30am Cardio Boxing 7:15pm | 2 | 3 Boot Camp 5:30am Turbo Kick 6:30pm | 4 Ab Attack 7:30pm | 5 Boot Camp 5:30am | 6 Boot Camp Extreme 8:30am | 7 Pilates n Abs 9am |
| 8 Boot Camp 5:30am Cardio Boxing 7:15pm | 9 | 10 Boot Camp 5:30am Turbo Kick 6:30pm | 11 no class | 12 Boot Camp 5:30am | 13 no class | 14 Pilates n Abs 9am |
| 15 Boot Camp 5:30am Cardio Boxing 7:15pm | 16 | 17 Boot Camp 5:30am Turbo Kick 6:30pm | 18 Ab Attack 7:30pm | 19 Boot Camp 5:30am | 20 Boot Camp Extreme 8:30am | 21 Pilates n Abs 9am |
| 22 Boot Camp 5:30am Cardio Boxing 7:15pm | 23 | 24 Boot Camp 5:30am Turbo Kick 6:30pm | 25 Ab Attack 7:30pm | 26 Boot Camp 5:30am | 27 Boot Camp Extreme 8:30am | 28 Pilates n Abs 9am |
| 29 Boot Camp 5:30am Cardio Boxing 7:15pm | | | | | | |
| | | Shape Up Fitness Promo's Happy Valentine's Day! Sign up for Personal Training & bring a friend or a swolemate for FREE! 3 sessions for \$99 special rate! | | | | |



Shape Up Corporate
Fitness

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