

February 2012 Fit Club Workout Calendar

Success is not final, failure is not fatal: it is the courage to continue that counts.



Fitness MD

916.780.5507

Sun	Mon	Tue	Wed	Thur	Fri	Sat
29	30	31	1	2	3	4
			Core & Speed	Upper Body Endurance <i>Pilates</i> 5:15pm	Lower Body Strength	7am-Circuit 8am-Spin & Abs 9am-Power 10am-Spin & Abs 11am-Total Body
5 <i>800am-Group Run</i>	6 Lower Body <i>Weekly Weight Watch</i>	7 Upper Body	8 FMD Challenge ASSESSMENTS	9 Abs & Core <i>Pilates</i> 5:15pm	10 Total Body	11 ASSESSMENTS
12 <i>800am-Group Run</i>	13 Lower Body Circuit <i>Weekly Weight Watch</i>	14 Upper Body Power	15 Ab Blaster	16 Pulling Muscles <i>Pilates</i> 5:15pm	17 Pushing Muscles	18 7am-Circuit 8am-Spin & Abs 9am-Power 10am-Spin & Abs 11am-Total Body
19 <i>800am-Group Run</i>	20 Abs & Arms <i>Weekly Weight Watch</i>	21 Legs & Cardio	22 Agility & Speed	23 Upper Body Blaster <i>Pilates</i> 5:15pm	24 Bodyweight Legs	25 7am-Circuit 8am-Spin & Abs 9am-Power 10am-Spin & Abs 11am-Total Body
26 <i>800am-Group Run</i>	27 Chest, Tri's, & Cardio <i>Weekly Weight Watch</i>	28 Back, Bi's, & Speed	29 Lower Body Blaster	1 Core Strength <i>Pilates</i> 5:15pm	2 Total Body	3 7am-Circuit 8am-Spin & Abs 9am-Power 10am-Spin & Abs 11am-Total Body

