

August 2010 "Interval Training" Biggest Loser Class Recommendations--Southside

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 5:00 pm WIO 7:00 pm ARC Trainer 7:00 pm Interval Training	3 6:00 am Boot Camp 5:30 pm Trekking 7:00 pm Weight Training Major Muscle	4 6:00 am Trekking 5:30 pm ARC Trainer 7:00 pm Trekking 7:00 pm Kickbox & ABS	5 5:30 pm Weight Training Major Muscle 5:45 pm Step & Glide 7:00 WIO	6 5:45 Step Interval 6:30 pm Trekking	7 10:00 am Trekking 11:00 am Interval LifeCircuit
8	9 5:00 pm WIO 7:00 pm ARC Trainer	10 6:00 am Boot Camp 5:30 pm Trekking 7:00 pm Burn it off Boot Camp	11 6:00 am Trekking 5:30 pm ARC Trainer 7:00 pm Trekking 7:00 pm Interval KickBox	12 5:30 pm Weight Training Major Muscle 5:45 pm Live, Love, Dance 7:00 WIO	13 6:30 pm Trekking	14 10:00 am Trekking 11:00 am Interval LifeCircuit
15	16 5:00 pm WIO 7:00 pm ARC Trainer 7:00 pm Interval Training	17 6:00 am Boot Camp 5:30 pm Trekking 7:00 pm Weight Training Major Muscle	18 6:00 am Trekking 5:45 pm Cardio Boot Camp	19 5:30 Weight Training Major Muscle 5:45 pm Step & Glide 7:00 pm WIO	20 5:45 pm Step Interval 6:30 pm Trekking	21 10:00 am Trekking 11:00 am Interval LifeCircuit 11:00 am Step Interval
22	23 5:00 pm WIO 7:00 pm ARC Trainer	24 6:00 am BootCamp 5:30 pm Trekking 7:00 pm Burn it off Boot Camp	25 6:00 am Trekking 5:30 pm ARC Trainer 7:00 pm Trekking 7:00 pm Interval KickBox	26 5:30 Weight Training Major Muscle 5:45 Live, Love, Dance 7:00 pm WIO	27 5:45 pm Step & Glide 6:30 pm Trekking	28 Movin Groovin Walk/Run Dorey Park 11:00 Step Interval Weigh and Measure Out
29	30 5:00 pm WIO 7:00 pm ARC 7:00 pm Interval Training Weigh and Measure Out	31 FINAL DAY !! 6:00 am Boot Camp 5:30 Trekking Weigh and Measure Out				

