

# CMRC FITNESS REMIX

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9/11</b> <b>FIT TEST</b>	<b>9/12</b> <b>YOGA</b>	<b>9/13</b> <b>CARDIO CIRCUIT</b>	<b>9/14</b> <b>CORE ACTIVATION</b>	<b>9/15</b> <b>TOTAL STRENGTH</b>
<b>9/18</b> <b>COMBO TRAINER</b>	<b>9/19</b> <b>YOGA</b>	<b>9/20</b> <b>CHEST &amp; BACK</b>	<b>9/21</b> <b>PILATES</b>	<b>9/22</b> <b>TOTAL STRENGTH</b>
<b>9/25</b> <b>ENDURANCE</b>	<b>9/26</b> <b>YOGA</b>	<b>9/27</b> <b>BACK &amp; BI'S</b>	<b>9/28</b> <b>CORE ACTIVATION</b>	<b>9/29</b> <b>TOTAL STRENGTH</b>
<b>10/2</b> <b>VERTICAL</b>	<b>10/3</b> <b>YOGA</b>	<b>10/4</b> <b>LEGS &amp; BACK</b>	<b>10/5</b> <b>PILATES</b>	<b>10/6</b> <b>TOTAL STRENGTH</b>

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>10/9</b> <b>PLYOMETICS</b>	<b>10/10</b> <b>YOGA</b>	<b>10/11</b> <b>ARMS &amp; SHOULDERS</b>	<b>10/12</b> <b>CORE ACTIVATION</b>	<b>10/13</b> <b>TOTAL STRENGTH</b>
<b>10/16</b> <b>POWER DOWN</b>	<b>10/17</b> <b>YOGA</b>	<b>10/18</b> <b>CHEST SHOULDERS</b> <b>TRIS</b>	<b>10/19</b> <b>PILATES</b>	<b>10/20</b> <b>TOTAL STRENGTH</b>
<b>10/23</b> <b>ENDURANCE</b>	<b>10/24</b> <b>YOGA</b>	<b>10/25</b> <b>STRENGTH UPPER</b>	<b>10/26</b> <b>CORE ACTIVATION</b>	<b>10/27</b> <b>TOTAL STRENGTH</b>
<b>10/30</b> <b>GAMEDAY CIRCUIT</b>	<b>10/31</b> <b>YOGA</b>	<b>11/1</b> <b>STENGTH LOWER</b>	<b>11/2</b> <b>PILATES</b>	<b>11/3</b> <b>TOTAL STRENGTH</b>

**Monday—Friday** | **September 11th—November 3rd** | **Class Time: 12:15pm (40-50 minutes)** | **\$5 /class or \$160 for 40 days**

If you participated in 40 Days of Fitness, StrongX50 or both you'll love Fitness Remix! Fitness Remix is combining all facets of exercise into one program. Weeks will be designed to entail 5 different types of exercise that will most certainly get the results desired by anyone. Strength training, cardio conditioning, plyometrics, yoga, corrective exercise, pilates, interval training, circuit training, and core activation. If you are new to exercise or looking to change up the routine, do not hesitate with Fitness Remix! Instructor: RockActive Ages: 16+ yrs.