pe@pf phys. ed. planet fitness

FITNESS TRAINING.

always free. always unlimited.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7am Design Your Own Program (appointment necessary)	Noon-12:30pm 30 Minute Circuit	1-1:30pm Shoulders	Noon-1pm Design Your Own Program (appointment necessary)	6-6:30am Abs
7-7:30am 30 Minute Circuit	12:30-1pm Chest	1:30-2pm 30 Minute Circuit	1-1:30pm 30 Minute Circuit	6:30-7am Chest
7:30-8am Arms	1-1:30pm Back	2-2:30pm Arms	1:30-2pm Arms	7-8am Design Your Own Program (appointment necessary)
8-8:30am Legs	1:30-2pm Abs	2:30-3pm Legs	2-2:30pm Legs	8-8:30am 30 Minute Circuit
8:30-9am Abs	2-3pm Design Your Own Program (appointment necessary)	3-3:30pm Abs	2:30-3pm Abs	8:30-9am Shoulders
		3:30-4pm Back	3-3:30pm Back	
9:30-10am Shoulders	3:30-4pm Arms			9:30-10:30am Design Your Own Program (appointment necessary)
10-10:30am Back	4-4:30pm Legs	4:30-5:30pm Design Your Own Program (appointment necessary)	4-4:30pm Chest	10:30-11am 30 Minute Circuit
10:30-11:30am Design Your Own Program (appointment necessary)	4:30-5pm Abs	5:30-6pm 30 Minute Circuit	4:30-5pm Shoulders	11-11:30am Arms
11:30am-Noon 30 Minute Circuit	5-5:30pm 30 Minute Circuit	6-6:30pm Chest	5-5:30pm Abs	11:30-Noon Legs
Noon-12:30pm Abs	5:30-6:30pm Design Your Own Program (appointment necessary)	6:30-7pm Abs	5:30-6:30pm Design Your Own Program (appointment necessary)	Noon-12:30pm Abs
		7-8pm Design Your Own Program (appointment necessary)	6:30-7pm 30 Minute Circuit	
			7-7:30pm Abs	

FITNESS SESSION DESCRIPTIONS

DESIGN YOUR OWN PROGRAM - Have an individual program designed to your goal and needs.

Chest - Learn some of the basic exercises for this important muscle group.*

Back - Here are some ways to strengthen your body's main support mechanism.*

Abs - This class will help tighten & tone your core muscles.*

30 Minute Circuit - We'll take you through a fast, effective, full-body workout.*

Arms - Your arms are constantly at work. Here's how to make them stronger.*

Legs - From top to bottom, we'll teach you how to shape up your legs.*

Shoulders - We'll teach you how to strengthen these key muscles.*

* These fitness sessions are first come, first served to the first five (5) people who sign up. Call ahead seating available!