


UNLIMITED GROUP FITNESS TRAINING

P.E. AT P.F.* P.E. AT P.F.* P.E. AT P.F.* P.E. AT P.F.* P.E. AT P.F.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6-7AM Designing Your Own Program	6-7AM Lower Body & Abs			6-7AM Upper Body	
7-8AM PF 30 Minute Express Training	7-8AM Upper Body			7-8AM Designing Your Own Program	
8-9AM Designing Your Own Program	8-9AM Designing Your Own Program	8-9AM Lower Body & Abs		8-9AM Lower Body & Abs	
9-10AM Lower Body & Abs	9-10AM PF 30 Minute Express Training	9-10AM Upper Body		9-10AM Designing Your Own Program	
10-11AM Designing Your Own Program	10-11AM Lower Body & Abs	10-11AM Design Your Own Program		10-11AM PF 30 Minute Express Training	
11-NOON Upper Body	11-NOON Designing Your Own Program			11-NOON Designing Your Own Program	
			NOON-1PM Designing Your Own Program	NOON-1PM Designing Your Own Program	
			1-2PM Lower Body & Abs	NOON-1PM Designing Your Own Program	
<p align="center">PlanetFitness 13932 Nacogdoches Rd www.planetfitness.com 210-590-9779</p>			2-3PM UpperBody	1-2PM Lower Body & Abs	
		2-3 PM PF 30 Minute Express Training	3-4PM PF 30 Minute Express Training	<p align="center">HAVE A GOOD WEEKEND FROM THE JUDGEMENT FREE ZONE!</p>	
		3-4 PM Upper Body	4-5PM Lower Body & Abs		
		4-5 PM Design Your Own Program	5-6 PM Design Your Own Program		
		5-6PM Upper Body	5-6PM PF 30 Minute Express Training		6-7PM Upper Body
		6-7PM Lower Body & Abs			7-8 PM Designing Your Own Program
		7-8 PM PF 30 Minute Express Training			8-9PM Upper Body

FITNESS SESSION DESCRIPTIONS

Designing Your Own Program: Have An Individual Program Designed To Your Goals And Needs. This Is Done In A Group Setting. All You Need To Know Is What You Want To Accomplish! This Session Is **Required** Before A Body Parts Session.

Upper Body: Learn The Exercises To Define & Strengthen Your Arms, Back, Chest, & Shoulders.

Lower Body & Abs: Learn The Leg Exercises To Sharpen & Toughen All The Muscles Below The Belt Along With The Abdominal Exercises To Help Tighten Your Stomach.

PF 30 Minute Express Training: During this time, our Fitness Trainer will be available in the 30 Minute Express Workout

All Sessions Are Done In A Group Setting Up To 4 People