

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7pm Boot Camp/TRX	2 7am Boot Camp/ Core & Balls	3 8am Boot Camp 10am Kettlebell
4	5 7pm Kettlebell	6 7am Boot Camp 9am Boot Camp/TRX	7 7am Boot Camp 7pm Kettlebell	8 9am Boot Camp 6 – 8pm CLIENT HOLIDAY PARTY	9 7am Boot Camp/ Core & Balls	10 8am Boot Camp (full gym) 9-11 FIGHT THE FAT WORKSHOP
11	12 7am Boot Camp/ Core & Balls 7pm Kettlebell	13 9am Boot Camp/TRX	14 6am Boot Camp 7am Boot Camp 7pm Kettlebell	15 9am Boot Camp 7pm Boot Camp/TRX	16 7am Boot Camp/ Core & Balls	17 8am Boot Camp 9am Adv. Boot Camp 10am Kettlebell
18	19 7am Boot Camp/ Core & Balls 7pm Kettlebell	20 7am Boot Camp 9am Boot Camp/TRX 7pm Boot Camp	21 6am Boot Camp 7am Boot Camp 7 pm Kettlebell	22 7am Boot Camp 9am Boot Camp 7pm Boot Camp/TRX	23 7am Boot Camp/ Core & Balls	24 No Classes – Christmas Eve
25 CHRISTMAS DAY CLOSED	26 No Classes – Day after Christmas	27 7am Boot Camp 9am Boot Camp/TRX 7pm Boot Camp	28 6am Boot Camp 7am Boot Camp 7pm Kettlebell	29 7am Boot Camp 9am Boot Camp	30 7am Boot Camp/ Core & Balls	31 8am Boot Camp 9am Adv. Boot Camp 10am Kettlebell
			*PACKAGES: Unlimited: \$219 12 Classes: \$204	8 Classes: \$152 4 Classes: \$88 Single Class: \$24		Visit our website for class descriptions.

E-mail contact@fitnessontherun.net to sign up for your initial free class! * Class Packages include all classes except Kettlebell classes, which require 2 -4 PT sessions prior to taking the class (\$50 per session) or instructor approval with prior KB experience.