

Fitness Trainings Days/Times
@ McLeod Health & Fitness Center

MON	TUE	WED	THU	FRI	SAT	SUN
	6:00 am Mili Shah					
7:00 am Jimmy Ard	7:00 am Jimmy Ard	7:00 am Jimmy Ard	7:00 am Jimmy Ard			
8:00 am Jimmy Ard	8:00 am Jimmy Ard	8:00 am Jimmy Ard	8:00 am Jimmy Ard		10:00 am Kim Fredrick	
	8:30 am Mili Shah	8:30 am Mili Shah	8:30 am Mili Shah			
9:30 am <i>(2 options)</i> Kim Fredrick Reena Malik		9:30 am <i>(2 options)</i> Kim Fredrick Reena Malik	10:00 am Tory Zwanziger			
12:00 pm Jimmy Ard		12:00 pm Cameron Faile		12:30 pm Lisa Tolbert		
1:00 pm Cameron Faile	1:00 pm Cameron Faile		1:00 pm Cameron Faile			
	4:00 pm Rainey Laliberte	4:00 pm Rainey Laliberte				3:00 pm Steve Murphy
		7:00 pm Preston Ford				

CHOOSE YOUR **TOP THREE**. YOU WILL BE ASSIGNED TO **ONE**.