



Whole Body Fitness

August 2009

FitCam Intro (FREE) – Learn more about @home workouts! ** FitCam – Try this ROCKIN' @home workout.
Boot Camps: Kick in the day with this Intense workout.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 FitCam 11:30am-12:30pm
3 FitCam 11:30am-12:30pm FitCam 5:30-6:30pm	4 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am	5 FitCam Intro 12:00-12:30pm	6 FitCam 6:00-7:00am FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm	7 FitCam 11:30am-12:30pm
10 FitCam 11:30am-12:30pm FitCam 5:30-6:30pm	11 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am	12 Boot Camp-Paintbrush Park 5:30-6:30am FitCam Intro 12:00-12:30pm	13 FitCam 6:00-7:00am FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm	14 Boot Camp-Paintbrush Park 5:30-6:30am FitCam 11:30am-12:30pm
17 Boot Camp-Paintbrush Park 5:30-6:30am FitCam 11:30am-12:30pm FitCam 5:30-6:30pm	18 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am	19 Boot Camp-Paintbrush Park 5:30-6:30am FitCam Intro 12:00-12:30pm	20 FitCam 6:00-7:00am FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm	21 Boot Camp-Paintbrush Park 5:30-6:30am FitCam 11:30am-12:30pm
24/31 Boot Camp-Paintbrush Park 5:30-6:30am FitCam 11:30am-12:30pm FitCam 5:30-6:30pm	25 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am	26 Boot Camp-Paintbrush Park 5:30-6:30am FitCam Intro 12:00-12:30pm	27 FitCam 6:00-7:00am FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm	28 Boot Camp-Paintbrush Park 5:30-6:30am FitCam 11:30am-12:30pm

RSVP to Peggy at Peggy@WholeBodyFitnessColorado.com or 303-345-1501 or visit www.wholebodyfitnesscolorado.com