



Whole Body Fitness

September 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	
<p>All times notes are MDT or (UTC-6) except where indicated.</p>	<p>1 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am</p>	<p>2 Boot Camp-Paintbrush Park 5:30-6:30am FitCam Intro 12:00-12:30pm</p>	<p>3 FitCam 6:00-7:00am FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm</p>	<p>4 Boot Camp-Paintbrush Park 5:30-6:30am FitCam 11:30am-12:30pm</p>	
	<p>7 FitCam 11:30am-12:30pm FitCam 5:30-6:30pm</p>	<p>8 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am</p>	<p>9 Boot Camp-Paintbrush Park 5:30-6:30am FitCam Intro 12:00-12:30pm</p>	<p>10 FitCam 6:00-7:00am FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm</p>	<p>11 FitCam 11:30am-12:30pm</p>
	<p>14 FitCam 11:30am-12:30pm FitCam 5:30-6:30pm</p>	<p>15 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am</p>	<p>16 FitCam Intro 12:00-12:30pm</p>	<p>17 FitCam 6:00-7:00am Jumpstart Wellness Part I 1:30-2:30pm FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm</p>	<p>18 FitCam 11:30am-12:30pm</p>
	<p>21 FitCam 11:30am-12:30pm FitCam 5:30-6:30pm</p>	<p>22 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am</p>	<p>23 FitCam Intro 12:00-12:30pm</p>	<p>24 FitCam 6:00-7:00am Jumpstart Wellness Part II 1:30-2:30pm FitCam 5:30-6:30pm FitCam Intro 7:00-7:30pm</p>	<p>25 FitCam 11:30am-12:30pm</p>
	<p>28 FitCam 11:30am-12:30pm FitCam 5:30-6:30pm</p>	<p>29 FitCam Intro 5:15-5:45am FitCam 6:00-7:00am</p>	<p>30 FitCam Intro 12:00-12:30pm</p>		

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