

FALL 2011 *SuperShape* Schedule

SuperShapers are expected to attend a minimum of 3 sessions per week, and to do their own cardio work (walk, run, aerobics classes, etc.) 3-5 x week. It is important to rest...your muscles grow while you rest and recover, not while you work them.

We will cancel one Friday, one, Saturday, and one Sunday each month. The canceled days may all be on one weekend or they may be scattered throughout the month. On the canceled days you may attend a Women's Fitness Class free of charge. Otherwise you do receive 2 free WFC with your SuperShape payment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 Shape		8:15 Shape		8:15 Shape		9:15 Shape
	4:30 Shape	5:30 Shape	4:30 Shape	5:30 Shape	4:30 Shape	
	6:45 Shape		6:45 Shape			

Bring your food diaries every day!!!! Weigh in every day!

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