

## Spring 2010 *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. We will perform the same workouts 2 days in a row so that everyone has the opportunity to get a particular body part worked. We will try to inform you each workout if the next day will be the same body parts. It is important not to come to the same body part workout 2 days in a row...your muscles grow while you rest and recover, not while you work them.

Sunday	<b>Monday</b>	Tuesday	<b>Wednesday</b>	Thursday	<b>Friday</b>	Saturday
8:15 Shape		8:15 Shape		8:15 Shape		9:15 Shape
	<b>4:30 Shape</b>	5:30 Shape	<b>4:30 Shape</b>	5:30 Shape	<b>4:30 Shape</b>	

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

Don't miss a workout! If you can't make it to SuperShape you can drop in on a SoftShape session. Keep one copy of the schedule at your desk, one on your fridge!

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