

[illegible]

BUILD YOUR SCHEDULE

† = Adult & Teen (Ages 13 +), ☺ = Teen Ages (13 - 18yrs), * = Family Ages 3 & up

[illegible]

	9-930am		9:30-10am		10-10:30am		10:30-11am		11-11:30am		11:30-12pm	
Challenge Zone	WALL SQUAT				SIT UPS		PUSH UPS				PLANK	
EAST GYM (South Wall)			PULL UPS						PULL UP BAR HANG			
Weight Room					CHEST/BENCH PRESS		LEG PRESS/SQUAT					
Challenge Zone			HAMSTRING STRETCH						MILE RUN			

[illegible]



Fitness Extravaganza 2015

SATURDAY, JANUARY 3RD
9-12PM
NORTHSIDE COMMUNITY CENTER



ARBONNE



Where your health is the point

