



OCTOBER

2023

Fitness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Wellness Wednesday: Make a list of goals to accomplish this month	5 Fitness Floor Orientation 6pm	6 Sprint 8 w/Seth 11am	7
8	Circuit #1	9 Fitness Floor Orientation 10am	10 Wellness Wednesday: Skip TV and read or listen to a podcast	11 Fitness Floor Orientation 6pm	12 Sprint 8 w/Seth 11am	13
15	Circuit #2	16 Fitness Floor Orientation 10am	17 Wellness Wednesday: Workout with a Friend	18 Fitness Floor Orientation 6pm	19 Sprint 8 w/Seth 11am	20
22	Circuit #3	23 Fitness Floor Orientation 10am	24 Wellness Wednesday: Motivate someone else	25 Fitness Floor Orientation 6pm	26 Sprint 8 w/Seth 11am	27
29	Circuit #4	30 Fitness Floor Orientation 10am	31			30

Program Descriptions

Circuit of the Week: Set a timer for 30 seconds and do as many reps as possible. Then, rest for 30 seconds and move on to the next exercise. Two rounds will take just 10 minutes. For a harder challenge, try four rounds, which will be 20 minutes.

Circuit 1

Alternating Lunges
Pushups
Inverted row/pullups
Squats
Mountain Climbers

Circuit 2

DB Lunges
DB Chest Press
DB Bent Over Row
DB Front Squats
DB Weighted Crunch

Circuit 3

High Knees
Fire Hydrants
Glute Bridges
DB Curl & Press
DB Side Lateral Raise

Circuit 4

Jumping Jacks
Sumo Squats
DB Wall Sit
DB Swings
DB Shoulder Press

Fitness Floor Orientation: This 30-minute tour guided by one of our Floor Trainers is the perfect start for your Fitness Journey. Whether you are a new member or just need a refresher, we will show you where equipment is located, how to use it and answer any questions you may have about our Fitness Center

Wellness Wednesday: Improve your health without getting overwhelmed by trying a new wellness challenge each week or a few times a month

Sprint 8: Sprint 8 is an efficient, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 20 minutes. Since it's among the best exercises for burning calories and reducing body fat, most people see results in just eight weeks or less. Sprint 8 is a quick and effective way to maximize your health and physique