



**ESSENTIAL FITNESS**  
A PERSONAL TRAINING STUDIO

## October 2010 Essential Fitness Personal Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 Lower Body	28 Lower Body	29 Cardio	30 Upper Body	1 Upper Body	2 Cardio
	4 Upper Body	5 Upper Body	6 Lower Body	7 Lower Body	8 Cardio	9 Cardio
	11 Lower Body	12 Lower Body	13 Cardio	14 Cardio	15 Upper Body	16 Upper Body
	18 Cardio	19 Upper Body	20 Upper Body	21 Cardio	22 Lower Body	23 Lower Body
	25 Upper Body	26 Upper Body	27 Cardio	28 Lower Body	29 Lower Body	30 Cardio

**Yoga at 11am on Mondays. See the online booking schedule for a second weekly Yoga session.**

**Mat Pilates at 8am Mondays.**

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[www.EssentialFitDenver.com](http://www.EssentialFitDenver.com)

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