

## September 2010- Tandem and Team Essential Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>30</b>	<b>31</b>	<b>1</b> Upper Body Upper Body Circuit	<b>2</b> Lower Body Glutes and Hips	<b>3</b> Total Body TRX	<b>4</b> Cardio 1 Minute Cardio Blasts
	<b>6</b> Holiday Closed for Labor Day	<b>7</b> Lower Body TRX	<b>8</b> Cardio Bicycle Intervals	<b>9</b> Total Body Strength with intervals	<b>10</b> Upper Body Upper Body & Core	<b>11</b> Lower Body Back and Lower body Combos
	<b>13</b> Total Body TRX	<b>14</b> Lower Body Lower Body Super Sets	<b>15</b> Upper Body Chest, Shoulders, Biceps	<b>16</b> Cardio Cardio Challenge	<b>17</b> Lower Body Bosu Lower Body & Balance	<b>18</b> Upper Body Upper Body & Core
	<b>20</b> Upper Body Chest, Shoulders, Back	<b>21</b> Total Body Compound Exercises	<b>22</b> Lower Body Lower Body with Intervals	<b>23</b> Upper Body Bicep, Tricep, Chest	<b>24</b> Cardio Cardio Challenge	<b>25</b> Lower Body Glutes and Hips
	<b>27</b> Cardio Cardio & Strength Circuit	<b>28</b> Upper Body Upper Body Circuit	<b>29</b> Total Body Bosu Ball Exercises	<b>30</b> Lower Body TRX		

Pilates at 8am Mondays and 4:30pm Fridays.

Yoga at 11am on Mondays and 4pm on Tuesdays.