

### How to Schedule Your Sessions

1. Fax or bring in your completed schedule ASAP to guarantee your favorite time slots. **All clients MUST fill out a schedule.**
2. Be sure to include your first (1) & second (2) time preference. **Schedules without first and second choices may be rejected.**
3. Your schedule will be available to be picked-up the day after you submitted it.
4. Please **call** or **email** your coach if you need to cancel or schedule a different time.

>> Phone **(404) 370.1763** >> Fax **(404) 935.5125**

Name \_\_\_\_\_

### Sport

Designed to challenge you to extreme levels of fitness. Sessions include warm-up, intro to exercises, extreme workout & cool down. Recommended for **intermediate and advanced clients**. *Total session time is 45 minutes.*

#### MONDAY – FRIDAY

**AM 5:30 • 8:00**

**PM 4:00 • 5:00 • 6:00**

#### SATURDAY

**OPEN GYM 8:00 AM to CLOSE**

Email \_\_\_\_\_

### Basic Training

High intensity workout with easy to follow movements designed to maximize fat burning. Session includes warm-up, intro to exercises, High Intensity workout & cool down. Great for **beginners & advanced clients**. *Total session time is 45 minutes.*

#### MONDAY – FRIDAY

**AM 6:00 • 6:30 • 7:00 • 8:00 • 9:00 • 9:30 • 11:30**

**PM 4:15 • 5:00 • 5:45 • 6:30**

#### SATURDAY

**AM 8:30 • 9:30 • 10:30**

### CFD SCHEDULE

Monday 16		Tuesday 17		Wednesday 18		Thursday 19		Friday 20		Saturday 21	
Time	Circle One	Time	Circle One	Time	Circle One	Time	Circle One	Time	Circle One	Time	Circle One
1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic
2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic
Monday 23		Tuesday 24		Wednesday 25		Thursday 26		Friday 27		Saturday 28	
Time	Circle One	Time	Circle One	Time	Circle One	Time	Circle One	Time	Circle One	Time	Circle One
1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic
2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic
Monday 30		Tuesday 31									
Time	Circle One	Time	Circle One								
1 ____:____ AM / PM	Sport / Basic	1 ____:____ AM / PM	Sport / Basic								
2 ____:____ AM / PM	Sport / Basic	2 ____:____ AM / PM	Sport / Basic								