

6 Week Training Program

- \$99/6 Weeks

Low Impact Plus

- \$45/January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	3 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training 10:45am – 11:30am Low Impact Plus	4 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	5 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training 10:45am – 11:30am Low Impact Plus	6 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	7
8	9 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	10 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training 10:45am – 11:30am Low Impact Plus	11 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	12 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training 10:45am – 11:30am Low Impact Plus	13 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	14
15	16 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	17 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training 10:45am – 11:30am Low Impact Plus	18 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	19 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training 10:45am – 11:30am Low Impact Plus	20 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	21
22	23 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	24 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	25 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	26 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	27 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	28

29	30 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training	31 5:00am – 6:00am 6 Week Training 8:00am – 9:00am 6 Week Training				
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6 WEEK TRAINING PROGRAM

Brushy Lake Fitness Center

TRAINING SESSIONS

MONDAY - FRIDAY

5:00AM - 6:00AM

8:00AM - 9:00AM

- New workout every day based on each individual's needs and goals
- Resistance based workouts designed to maximum muscle recruitment in order to increase metabolic rate, strengthen and tone muscle and improve your cardio respiratory system
- All workouts are guided by a Fitness Professional to properly demonstrate each exercise and make any necessary modifications



CONTACT:

DREW@RISHERCO.COM OR 281.468.6990



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LOW IMPACT PLUS

TUESDAY/THURSDAY 10:45AM - 11:30AM

JANUARY - \$45

REGISTER AT BRUSHY LAKE FITNESS CENTER

