



ADULT FITNESS PROGRAMS

An Option for Every Level of Fitness

COMMACK SCHEDULE WINTER 2009 / 2010

(effective February 1, 2010)

- * Class times subject to change
- * Please **call ahead** to schedule your class

Fundamentals

- For those trying to make exercise a habit & be healthier
- Class is delivered at a moderate pace

Fitness

- For those looking to work out regularly to increase muscle-mass, reduce body fat & improve their physique

Performance

- For serious adult athletes looking to improve their strength, conditioning, speed & agility for sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
6:00am	7:00am	6:00am	6:30am (Strictly Strength)	6:00am	8:00am
8:00am	8:00am	8:00am	7:00am	8:00am	9:30am
10:00am	10:00am	9:00am	8:00am	9:00am	11:00am
12:15pm 45 minute "Power Lunch"	12:15pm 45 minute "Power Lunch"	10:00am	10:00am	10:00am	
		12:15pm 45 minute "Power Lunch"		12:15pm 45 minute "Power Lunch"	

Refer a Friend and Get a **\$25 Sports Authority Gift Card!**

PM	PM	PM	PM	PM	PM
5:00pm	5:00pm	6:00pm	5:00pm	6:00pm	
7:00pm	7:00pm		7:00pm		

NUTRITION COUNSELING:
Now Included at
NO EXTRA CHARGE
for all 2x or 3x week clients!

**SCHEDULE YOUR
APPOINTMENT TODAY!**