



ADULT FITNESS & NUTRITION

An Option for Every Level of Fitness

COMMACK SCHEDULE WINTER 2011 / 2012

(Effective Dec 1, 2011 thru March 31, 2012)

* Class times subject to change

* Please **call ahead** to schedule your class

NUTRITION COUNSELING:

INCLUDED AT NO EXTRA CHARGE!
for all 2x week & Unlimited clients!

Tuesday: 7am-12pm & also 2pm to 8pm
Wednesday 7am to 8pm / Thursday: 2pm-8pm
Friday: 7am-1pm / Sunday: 9am-12:00pm

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	9:00am
9:00am	9:30am (Strictly Strength)	9:00am	8:00am	9:00am	10:00am (Strictly Strength)
10:00am	10:00am	10:00am	10:00am	10:00am	11:00am
12:15pm 45 minute "Power Lunch"		12:15pm 45 minute "Power Lunch"		12:15pm 45 minute "Power Lunch"	

Ask About Our Supplement Program!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PM	PM	PM	PM	PM	
5:00pm	4:00pm	5:00pm	4:00pm	None	
6:00pm (Strictly Strength)	5:00pm	6:00pm	5:00pm		
7:00pm	7:00pm		6:00pm (Strictly Strength)		
			7:00pm		

**Refer a Friend and
Get a \$50 Credit
on Your Next
Month's Membership!**