



## FALL/WINTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM <b>MP[fit]</b> 	6:30AM <b>MP[power]</b> 	6:30AM <b>MP[forte]</b> (LOWER) 	6:30AM <b>MP[burn]</b> 	6:30AM <b>MP[forte]</b> (UPPER) 	9:00AM <b>MP[forte]</b> 	9:00AM <b>MP[forte]</b> 
12:00PM <b>MP[power]</b> 	12 - 1 PM <b>MP[fit]</b> 	12 - 1 PM <b>MP[power]</b> 	12:00PM <b>MP[forte]</b> 	12:00PM <b>MP[fit]</b> 	10:15AM <b>MP[burn]</b> (45-MINS) 	10:15AM <b>MP[burn]</b> (45-MINS) 
5:00PM <b>MP[forte]</b> (UPPER) 	5:00PM <b>MP[fit]</b> 	5:00PM <b>MP[forte]</b> (LOWER) 	5:00PM <b>MP[burn]</b> 	5:00PM <b>MP[forte]</b> 	11:15AM <b>MP[fit]</b> 	11:30AM <b>MP[fusion]</b> (90 MINS) 
6:15PM <b>MP[fit]</b> 	6:15PM <b>MP[forte]</b> 	6:15PM <b>MP[fit]</b> (90 MINS) 	6:15PM <b>MP[forte]</b> 	6:15PM <b>MP[burn]</b> 		
7:30PM <b>MP[fit]</b> 	7:30PM <b>MP[power]</b> 	7:30PM <b>MP[forte]</b> 	7:30PM <b>MP[fit]</b> 			

**Metabolic Conditioning**

This involves a very high work rate, using exercises designed to burn more calories during your workout and maximize calories burned after your workout.

**Strength Training**

This improves muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight.

**Functional Training**

This helps the body develop strength, stability, power, mobility, endurance, and flexibility. This allows individuals to perform the activities of daily life more easily and without injuries.