

03

FITNESS INSPIRED WORKOUT CALENDAR

Wake Up & Workout Schedule 5:30 am unless noted
State College, PA

MARCH



All at the studio 140 Kelly Alley, State College - Unless Noted

In the studio, make sure to keep your street shoes/boots under the bench

- 3/5: HILL location (Side of Spikes Stadium)
- 3/12: Slider day:
 - If on a SOFT carpet floor, use 2 frisbees or slider discs.
 - If on HARD floor, use socks
- Results Party - 3/26 @7pm
- Zoom info: www.zoom.us
 - KIERSTEN ZOOM CODE: 777-555-1984
 - KATIE ZOOM CODE: 256-560-6085

SUN	MON	TUE	WED	THU	FRI	SAT
1 WELCOME Workout w/ Kiersten Online Zoom at home 7am	2 EVERYONE! Physical Testing w/ Chris	3 High Fitness w/ Nicole	4 Tabata w/ Samantha	5 Hill Yeah w/ Chris	6 Fridays w/ Kiersten! Online Only Zoom at Home	7
8	9 Katie B Online Only Zoom at Home	10 Kiersten Online Only Zoom at Home Tabata Lucky Tuesday	11 Katie B Online Only Zoom at Home	12 Kiersten Online Only Zoom at Home Sliders!	13 Fridays w/ Kiersten! Online Only Zoom at Home	14
15	16 Fighting Irish Target Pads w/ Chris	17 High Fitness w/ Nicole	18 Lucky Minute to Win it w/ Chris	19 Tabata w/ Samantha	20 Fridays w/ Kiersten! Online Only Zoom at Home	21
22	23 Tabata w/ Samantha	24 High Fitness w/ Nicole	25 Chris's Luck of the Draw Core	26 Physical Testing + Target Pad Workout EVENING RESULTS PARTY	27 Fridays w/ Kiersten! Online Only Zoom at Home	28
29	30	31				