



## October

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Wes	PathwayFit Performance Center Wes	
6:30 AM		PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Wes	PathwayFit Performance Center Wes	
8:00 AM							PathwayFit Strength Performance Center Wes/Sherri
9:45 AM		Evolve TRX Garage Lisa	Evolve KB & Ropes Garage Alissa	Evolve Strength Garage Alissa	Evolve MetCon Garage Alissa	Evolve TRX Garage Lisa	Evolve Strength Garage Alissa
9:45 AM		PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Wes	PathwayFit Performance Center Wes	PathwayFit Performance Center Wes/Sherri
4:30 PM		PathwayFit Performance Center Wes	PathwayFit Performance Center Wes	PathwayFit Performance Center Wes	PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	
5:30 PM		Evolve MetCon Garage Alissa		Evolve Strength Garage Lisa	Evolve KB & Ropes Garage Alissa		
6:45 PM		PathwayFit Performance Center Wes	PathwayFit Performance Center Wes	PathwayFit Performance Center Wes	PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	

"Action is the foundational key to all success"

Contact Kyle for more information @ [kbergman@clubworx.net](mailto:kbergman@clubworx.net)

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