

Employee Group Fitness Check List

Please check the classes you attend and at the end of the month have your instructor initial by that particular class.

Turn in to Nick Franks no later than the 5th day of the following month. (ex. January's Check List is due by Feb 5th.)

NAME: (Please Print)						
MONTH						
Class	Week 1	Week 2	Week 3	Week 4	Week 5	Instructor's Initials
Mon Walking @ 12 PM—City Hall						
Mon Circuit @ 12 PM—RAP						
Mon Circuit @ 5:30 PM—ARC						
Mon Aqua @ 5:30 PM—AAC						
Tues Pilates @ 11:30 AM—RAP						
Tues Walking @ 12 PM—RAP						
Tues Cardio @ 12:30 PM—RAP						
Tues Yoga @ 5 PM—City Hall						
Wed Walking PLUS @ 6:30 AM— RAP						
Wed Walking @ 12 PM—City Hall						
Wed Circuit @ 12 PM—RAP						
Wed Yoga @ 12 PM—City Hall						
Wed Circuit @ 5:15 PM—RAP						
Thurs Core @ 11:30 AM—RAP						
Thurs Walking @ 12 PM—RAP						
Thurs Yoga @ 12 PM—City Hall						
Thurs Cardio @ 5:30 PM—RAP						
Fri Walking @ 12 PM—City Hall						
Fri Hydro @ 12 PM—AAC						