

R	O	C	K	Y
1 Hour Workout	30 Minutes of Resistance Training	30 Minutes of Cardio	Intramural Event	Intramural Event
Intramural Event	30 Minutes of Resistance Training	Group Fitness Class	30 Minutes of Swimming	Special Event
1 Hour Workout	Group Fitness Class	Rest Day!	Intramural Event	30 Minutes Resistance Training
Special Event	30 Minutes of Swimming	Group Fitness Class	30 Minutes of Cardio	Fitness Introduction
Fitness Assessment	Fitness Assessment	30 Minutes of Resistance Training	30 Minutes of Cardio	1 Hour Workout

Name: _____ Date Completed: _____ E-mail: _____

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Intramural Event	30 Minutes of Resistance Training	Group Fitness Class	30 Minutes of Swimming	Special Event
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Special Event	30 Minutes of Swimming	Group Fitness Class	30 Minutes of Cardio	Fitness Introduction
Fitness Assessment	Fitness Assessment	30 Minutes of Resistance Training	30 Minutes of Cardio	1 Hour Workout

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Fitness Assessment	Fitness Assessment	30 Minutes of Resistance Training	30 Minutes of Cardio	1 Hour Workout

Name: _____ Date Completed: _____ E-mail: _____