



TOSH FIT Trainers:

Mon, 6 am – 10 am:
Mikale

Tues, 10 am – 2 pm:
Mikale

Wed, 6 am – 10 am:
Kenzie

Thurs, 10 am – 2 pm:
Marko

Fri, 6 am – 10 am:
Switch

TOSH FIT – January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ TOSH Closed	² Core/ROM	³ Arms (shoulder, triceps, & chest)	⁴
⁵	⁶ Cardio & Legs	⁷ Agility & Balance	⁸ Arms (back & biceps)	⁹ Legs	¹⁰ Core/ROM	¹¹
¹²	¹³ Arms (shoulder, triceps, & chest)	¹⁴ Cardio & Legs	¹⁵ Agility & Balance	¹⁶ Arms (back & biceps)	¹⁷ Legs	¹⁸
¹⁹	²⁰ Closed Martin Luther King, Jr.	²¹ Core/ROM	²² Arms (shoulder, triceps, & chest)	²³ Cardio & Legs	²⁴ Agility & Balance	²⁵
²⁶	²⁷ Arms (back & biceps)	²⁸ Legs	²⁹ Core/ROM	³⁰ Arms (shoulder, triceps, & chest)	³¹ Cardio & Legs	