

Accenture Fitness Center January Exercise Schedule



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Tone & Tighten 7:00am—7:30am | Abs Express 7:30am—7:45am | Tone & Tighten 7:00am—7:30am | Abs Express 7:30am—7:45am | Cardio Blast 7:00am—7:30am |
| Strength and Conditioning Circuit 11:25am—11:55am | Tone & Tighten 11:25pm—11:55pm | Step Class 11:25am—11:55am | Cardio Stations 11:25am—11:55am | Abs n' Back 11:35am—11:55am |
| Abs n' Back 12:00pm—12:20pm | Step & Strength 12:00pm—12:40pm | Strength and Conditioning Circuit 12:00pm—12:30pm | Abs n' Back 12:00pm—12:20pm | Step & Strength 12:00pm—12:40pm |
| Cardio Blast 12:25pm—12:55pm | Abs n' Back 12:45pm—1:05pm | Abs n' Back 12:35am—12:55am | Tone & Tighten 12:25pm—12:55pm | |
| | Abs n' Back 4:35pm—4:55pm | | Abs n' Back 4:35pm—4:55pm | |
| | No Limits Weight Circuit 5:00pm—5:30pm | | No Limits Weight Circuit 5:00pm—5:30pm | |

- All fitness levels welcome. The instructor will offer various options so you can exercise safely at any fitness level.
- All listed group exercise classes are complimentary with your Accenture Fitness Center membership!
- Classes are subject to change based on attendance. Minimum of 2 per class; maximum of 12.

