



# Wicked Strong

Be Strong, Live Long and AGE with POWER ~

## Schedule for the Week ~

Thank you TEAM for  
your DUES Payments.

We are continuing with  
holiday hustle... Keep  
Showing Up for your  
workouts and taking  
time for yourself during  
this busy season!

<b>Monday 12/8</b>	<b>7:00am</b>	<b>NO SQUATS Leg Day -</b>
<b>Tuesday 12/9</b>	<b>8:00am</b>	<b>Arms and Abs</b>
<b>Wednesday 12/10</b>	<b>7:00am</b>	<b>One Dumbbell HIIT</b>
<b>Thursday 12/11</b>	<b>8:00am</b>	<b>Arms and Abs</b>
<b>Friday 12/12</b>	<b>7:00am</b>	<b>All Standing HIIT</b>
<b>Saturday 12/13</b>	<b>8:00am</b>	<b>Tabata - Light Weights</b>