

# September

2015

## SHOULDER PREP FOR PENNIES FOR PULL-UPS

#fgkippingitreal #pumpedforp4p  
#farmgirlfit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

9:45 AM & 7:30 PM-  
SHOULDER  
STRENGTHENING  
CLASS (1/2 hour)

9:45 AM & 3:45 PM-  
SHOULDER  
STRENGTHENING  
CLASS (1/2 hour)

9:45 AM & 7:30 PM-  
SHOULDER  
STRENGTHENING  
CLASS (1/2 hour)

9:45 AM & 3:45 PM-  
SHOULDER  
STRENGTHENING  
CLASS (1/2 hour)

9:45 AM & 7:30 PM-  
SHOULDER  
STRENGTHENING  
CLASS (1/2 hour)