

ATAC Adult Total Athletic Conditioning

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
9:30am-JB LB	9:30am-ZT LB	9:30am-JB RN	9:30am-ZT RN	9:30am-JK UB	9:00am-JJ UB	
6	7	8	9	10	11	12
9:30am-JB UB	9:30am-ZT UB	9:30am-JB LB	9:30am-ZT LB	9:30am-JK RN		
13	14	15	16	17	18	19
9:30am-JB RN	9:30am-ZT RN	9:30am-JB UB	9:00am-ZT UB	9:30am-JK LB		
20	21	22	23	24	25	26
9:30am-JB LB	9:30am-ZT LB	9:30am-JB RN	9:30am-ZT RN	9:30am-JK UB		
27	28	29				
9:30am-JB UB	9:30am-ZT UB	9:30am-JB LB				

***Only 16 participants per workout, please sign up at the Parisi Desk (up one week in advance)**

Coaches	
JB	Jeff Biehl
JK	Jodie Wetuski
JJ	Jermey Justice
ZT	Zak Takacs

KEY
RN - Running and Relays
LB- Lower Body Emphasis
UB - Upper Body Emphasis

Memorial Athletic Club

14690 Memorial Drive Houston, Texas 77079

(281) 497-7570

www.parischool.com/memorialac

