

MCKINLEYVILLE GROUPX

December 2018

Club Hours


Mon-Fri 5:00-9:00pm

Sat-Sun 8:00am-4:00pm

HealthSPORT.com




MONDAY

Pedal & Pulse	5:30-6:20am	Taylor
Lite Strength	8:00-8:50am	Angie
Cycling	9:00-9:50am	Angie
Pilates Mat	10:00-10:50am	Ginger
Power Pump	4:30-5:20pm	Nicolette
Power Flow	5:30-6:20pm	Sara
 ZUMBA	6:30-7:20pm	Ussi

TUESDAY

Strength & Cond.	5:30-6:20am	Andrea
Strength & Cond.	9:00-9:50am	Cory
Restorative Yoga	10:00-11:25am	Francis
Cardio Kickboxing	4:30-5:20pm	Rachael
Cycle Strength	5:30-6:20pm	Tanya
Gentle Yoga	6:30-7:30pm	Jen

WEDNESDAY

Cycle Strength	5:30-6:20am	Taylor
Lite Strength	8:00-8:50am	Angie
BUTI YOGA	9:00-9:50am	Krystal
Pilates Mat	10:00-10:50am	Ginger
Power Pump	4:30-5:20pm	Nicolette
Power Flow	5:30-6:20pm	Sara
 ZUMBA	6:30-7:20pm	Ussi

THURSDAY

Strength & Cond.	5:30-6:20am	Andrea
Strength & Cond.	9:00-9:50am	Cory
Restorative Yoga	10:00-11:25am	Francis
Cardio Kickboxing	4:30-5:20pm	Rachael
Cycle Strength	5:30-6:20pm	Tanya
Gentle Yoga	6:30-7:30pm	Jen

FRIDAY

Cycling	5:30-6:20am	Tara W.
Lite Strength	8:00-8:50am	Angie
Cycling	9:00-9:50am	Angie
Slow Flow	10:00-10:50am	Tracy J.
Step	5:30-6:20pm	Marcella

SATURDAY

Cycle Strength	9:00-9:50am	Tara W.
Gentle Yoga	10:00-11:25am	Krista

SUNDAY

Free Flow	9:00-9:50am	Alexia
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1500 Anna Sparks Way • (707) 839-9800

