


MCKINLEYVILLE GROUPX

March 2020

Studio Space Hours
Mon-Thurs 10am-6:30pm
Fri 9:30am-5pm
Sat 8am-12pm

24/7 Gym
Weight & Cardio Room Open to
Members 24/7


MONDAY

Lite Strength	8:00-8:50am	Angie
Cycle & Core	9:00-9:50am	Angie
Pilates Mat	10:00-10:50am	Ginger
Power Pump	4:30-5:20pm	Nicolette
Vinyasa Flow	5:30-6:20pm	Sara
 ZUMBA	6:30-7:20pm	Ruth

TUESDAY

Strength & Cond.	9:00-9:50am	Autumn
Restorative Yoga	10:00-11:25am	Francis
Barre	4:30-5:20pm	Ginger
Cycle Strength	5:30-6:20pm	Tanya

WEDNESDAY

Recover & Renew	7:00-7:45am	Jamie
Lite Strength	8:00-8:50am	Angie
Cycle & Barre	9:00-9:50am	Ginger
Pilates Mat	10:00-10:50am	Ginger
Power Pump	4:30-5:20pm	Nicolette
Vinyasa Flow	5:30-6:20pm	Sara
 ZUMBA	6:30-7:20pm	Ruth

THURSDAY

Strength & Cond.	9:00-9:50am	Autumn
Restorative Yoga	10:00-11:25am	Francis
Barre	4:30-5:20pm	Ginger
Cycle Strength	5:30-6:20pm	Tanya

FRIDAY

Lite Strength	8:00-8:50am	Angie
Cycle & Core	9:00-9:50am	Angie
Slow Flow	10:00-10:50am	Jamie
Cardio Kickboxing	4:30-5:20pm	Rachael

SATURDAY

Power Pump	8:00-8:50am	Mary Ann
Cycle Strength	9:00-9:50am	Cindy
Recover & Renew	10:00-10:45am	Krista

HealthSPORT

1500 Anna Sparks Way • (707) 839-9800

