

# MCKINLEYVILLE GROUPX & CYCLING

May 2021


*Club Hours*

Mon-Sat: 7:00am-7:00pm

Fri: 8:00am-4:00pm

Cardlock Gym: 5:00am-11:00pm, 7 days a week


## MONDAY

Step & Strength*	8:15-9:00am	Angie
Strength & Cond.	4:30-5:15pm	Nicolette
 ZUMBA	5:30-6:15pm	Ruth

## TUESDAY

Recover & Renew	8:00-9:00am	Jamie
Cycling*	9:15-10:00am	Angie
Cycle Strength*	5:30-6:15pm	Tanya

## WEDNESDAY

Step & Strength*	8:15-9:00am	Angie
Pilates Mat	10:00-10:45am	Angie
Strength & Cond.	4:30-5:15pm	Nicolette
 ZUMBA	5:30-6:15pm	Ruth

## THURSDAY

Recover & Renew	8:00-9:00am	Jamie
Cycling*	9:15-10:00am	Julie
Cycle Strength*	5:30-6:15pm	Tanya

## FRIDAY

Cycling*	9:00-9:45am	Angie
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\* These classes will be held outside, weather permitting

\* Please bring your own mat. Limited props will be provided.

**HealthSPORT**

1500 Anna Sparks Way • (707) 839-9800

