

## MONDAY

Step & Strength	8:15-9:00am	Angie
Pilates Barre Fusion	10:00-10:45am	Cheri
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	Julie

## 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
Cycle Strength	5:30-6:15pm	Julie

## FRIDAY

Cycle Strength	9:00-9:45am	Angie
Hatha Yoga	10:00-11:00am	Francis

# MCKINLEYVILLE SPECIALTY CLASSES (\$)

JULY 2021

*Club Hours*

Mon - Thurs: 7:00am-7:00pm

Fri: 8:00am-4:00pm

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

## MONDAY

HSPFit Small Group

5:30-6:30am Jamie

HSPFit Small Group

5:30-6:15pm Jen

## TUESDAY

HSPFit Small Group

5:30-6:30am Jamie

HSPFit Small Group

5:30-6:15pm Angie

## WEDNESDAY

HSPFit Small Group

5:30-6:30am Jamie

HSPFit Small Group

5:30-6:15pm Jen

## THURSDAY

HSPFit Small Group

5:30-6:30am Jamie

HSPFit Small Group

5:30-6:15pm Angie

## FRIDAY

HSPFit Small Group

5:30-6:30am Jamie

## SATURDAY

HSPFit Small Group

9:00-10:00am Jen

**HealthSPORT**

1500 Anna Sparks Way • (707) 839-9800

