

MCKINLEYVILLE GROUPX

September 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
Pilates Barre Fusion	10:15-11:00am	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

* 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

