

# MCKINLEYVILLE FITNESS CLASSES

Winter 2022

Club Hours

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

Fri: 8:00am-4:00pm

Cardlock Gym: 24/7

## MONDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Step & Strength	8:15am-9:00am	Angie
Power CORE	10:00am-10:30am	Angie
Strength & Cond.	4:30pm-5:15pm	Nicolette
Zumba	5:30pm-6:15pm	Ruth
HS50 Training (\$)	5:30pm-6:20pm	Jen

## TUESDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Recover & Renew	8:00am-9:00am	Jamie
Cycling	9:15am-10:00am	Angie
Cycle Strength	5:30pm-6:15pm	Sarah
HS50 Training (\$)	5:30pm-6:20pm	Shane

## WEDNESDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Step & Strength	8:15am-9:00am	Angie
Pilates Mat	10:00am-10:45am	Angie
Strength & Cond.	4:30pm-5:15pm	Nicolette
Zumba	5:30pm-6:15pm	Ruth
HS50 Training (\$)	5:30pm-6:20pm	Shane

## THURSDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Recover & Renew	8:00am-9:00am	Jamie
Cycle Strength	5:30pm-6:15pm	Sarah
HS50 Training (\$)	5:30pm-6:20pm	Shane

## FRIDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Cycle Strength	9:00am-9:45am	Angie
Hatha Yoga	10:00am-11:00am	Francis

## FRIDAY

HS50 Training (\$)	9:00am-9:50am	Jen
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HealthSPORT

300 Martin Luther King Jr. Way • (707) 822-3488

