

MCKINLEYVILLE FITNESS CLASSES

Spring 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
GRIT Athletic Training (\$) Ages 14-18	3:45pm-4:30pm	Shane
HS50 Training (\$)	4:30pm-5:20pm	Jen
Pilates Barre Fusion Starts 5/9	5:30-6:15pm	Ellie
HS50 Training (\$)	5:30pm-6:20pm	Shane

TUESDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Gentle Pilates	8:00am-9:00am	Jamie
Cycling	9:15am-10:00am	Angie
GRIT Athletic Training (\$) Ages 14-18	3:45pm-4:30pm	Shane
All Levels Reformer (\$)	4:30pm-5:15pm	Angie
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
GRIT Athletic Training (\$) Ages 14-18	3:45pm-4:30pm	Shane
HS50 Training (\$)	5:30pm-6:20pm	Shane
Vinyasa Yoga Starts 5/11	5:30pm-6:30pm	Ellie

THURSDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Gentle Pilates	8:00am-9:00am	Jamie
GRIT Athletic Training (\$) Ages 14-18	3:45pm-4:30pm	Shane
All Levels Reformer (\$)	4:30pm-5:15pm	Angie
Cycle Strength	5:30-6:15pm	Julie
HS50 Training (\$)	5:30pm-6:20pm	Shane

FRIDAY

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

SATURDAY

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

1500 Anna Sparks Way • (707) 839-9800

