

MCKINLEYVILLE FITNESS CLASSES

Fall 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
No Limits Dance Academy (\$)	3:30pm-6:30pm	
HS50 Training (\$)	4:30pm-5:20pm	Jen
HS50 Training (\$)	5:30pm-6:20pm	Chase

TUESDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Cycle Strength	9:00am-9:45am	Susan
HS50 Training (\$)	5:30pm-6:20pm	Chase

WEDNESDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Step & Strength	8:15am-9:00am	Angie
Pilates Mat	10:00am-10:45am	Angie
No Limits Dance Academy (\$)	3:30pm-6:30pm	
HS50 Training (\$)	4:30pm-5:20pm	Angie
HS50 Training (\$)	5:30pm-6:20pm	Chase

THURSDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Cycle Strength	9:00am-9:45am	Susan
Reformer (\$)	4:30pm-5:15pm	Angie
Cycle Strength	5:30pm-6:15pm	Delaney
HS50 Training (\$)	5:30pm-6:20pm	Chase

FRIDAY

HS50 Training (\$)	5:30am-6:20am	Jamie
Cycle Strength	9:00am-9:45am	Angie
Bliss Yoga	10:00am-11:00am	Francis
No Limits Dance Academy (\$)	3:30pm-6:30pm	

SATURDAY

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

1500 Anna Sparks Way • (707) 839-9800

