

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 (\$) <i>Metabolic Mashup</i>	5:30am-6:20am	Jamie
Sweat & Sculpt	8:30am-9:15am	Courtney
HS50 Training (\$) starts 11/14 <i>Strength & Cardio</i>	9:00am-9:50am	Angie
Power CORE	10:00am-10:30am	Angie
Aging Fit (\$) <i>55+ small group</i>	11:00am-11:50am	Angie
No Limits Dance Academy (\$)	3:30pm-6:30pm	
HS50 Training (\$) <i>Booty & Abs</i>	4:30pm-5:20pm	Jen
HS50 Training (\$) <i>Strength & Core</i>	5:30pm-6:20pm	Courtney

TUESDAY

HS50 Training (\$) <i>Booty & Abs</i>	5:30am-6:20am	Jamie
Cycle Strength	9:00am-9:45am	Susan
Power Pilates (\$) <i>Starts 11/8</i>	9:30am-10:20am	Angie
Pilates Barre Fusion	10:00am-10:45am	Jamie
HS50 Training (\$) <i>HIIT</i>	5:30pm-6:20pm	Carter

WEDNESDAY

HS50 Training (\$) <i>Cardio</i>	5:30am-6:20am	Jamie
HS50 Training (\$) starts 11/9 <i>Booty & Abs</i>	9:00am-9:50am	Angie
Sweat & Sculpt	8:30am-9:15am	Courtney
Pilates Mat	10:00am-10:45am	Angie
Aging Fit (\$) <i>55+ small group</i>	11:00am-11:50am	Angie
No Limits Dance Academy (\$)	3:30pm-6:30pm	
HS50 Training (\$) <i>Low Impact Circuit</i>	4:30pm-5:20pm	Angie
HS50 Training (\$) <i>Endurance</i>	5:30pm-6:20pm	Courtney

THURSDAY

HS50 Training (\$) <i>Strength</i>	5:30am-6:20am	Jamie
Cycle Strength	9:00am-9:45am	Susan
HS50 Training (\$) <i>Metabolic Mashup</i>	9:30am-10:20am	Angie
Pilates Barre Fusion	10:00am-10:45am	Jamie
Cycling	4:30pm-5:15pm	Courtney
Reformer (\$)	4:30pm-5:20pm	Angie
HS50 Training (\$) <i>Strength & Cardio</i>	5:30pm-6:20pm	Courtney

FRIDAY

HS50 Training (\$) <i>Power Pilates</i>	5:30am-6:20am	Jamie
Cycle & Core	8:45am-9:30am	Angie
Bliss Yoga	10:00am-11:00am	Francis
No Limits Dance Academy (\$)	3:30pm-6:30pm	

SATURDAY

HS50 Training (\$) <i>Circuit</i>	9:00am-9:50am	Delaney
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HealthSPORT

1500 Anna Sparks Way • (707) 839-9800

