

MCKINLEYVILLE FITNESS CLASSES

March 2023

Club Hours

Mon-Thur: 7:00am-7:00pm

Fri: 8:00am-4:00pm

Cardlock Gym: 24/7

MONDAY

Training Studio (\$)

HS50 Team Training (\$) <i>AMRAP</i>	5:30am-6:20am	Jamie
HS50 Team Training (\$) <i>MX4</i>	9:00am-9:50am	Angie
Small Group Training (SGT) (\$) <i>Aging Fit 55+</i>	11:00am-11:50am	Angie
Small Group Training (SGT) (\$) <i>Sit & Stay Fit</i>	2:00pm-2:50pm	Angie
HS50 Team Training (\$) <i>Booty & Abs</i>	4:30pm-5:20pm	Jen
Small Group Training (SGT) (\$) <i>Kettlebell</i>	5:30pm-6:20pm	Trevor

GroupX Studio

Power CORE	10:00am-10:30am	Angie
No Limits Dance Academy (\$)	3:30pm-6:30pm	

TUESDAY

Training Studio (\$)

HS50 Team Training (\$) <i>Metabolic Mashup</i>	5:30am-6:20am	Jamie
HS50 Team Training (\$) <i>Pilates Circuit</i>	9:30am-10:20am	Angie
Small Group Training (SGT) (\$) <i>Reformer</i>	4:30pm-5:20pm	Angie
HS50 Team Training (\$) <i>MX4</i>	5:30pm-6:20pm	Trevor

GroupX Studio

Cycle Strength	9:00am-9:45am	Susan
Pilates Mat	10:00am-10:45am	Susan

WEDNESDAY

Training Studio (\$)

HS50 Team Training (\$) <i>Booty & Abs</i>	5:30am-6:20am	Jamie
Small Group Training (SGT) (\$) <i>Reformer</i>	7:00am-7:50am	Jamie
HS50 Training (\$) <i>Metabolic Mashup</i>	9:00am-9:50am	Angie
Small Group Training (SGT) (\$) <i>Aging Fit 55+</i>	11:00am-11:50am	Angie
Small Group Training (SGT) (\$) <i>Sit & Stay Fit</i>	2:00pm-2:50pm	Angie
HS50 Team Training (\$) <i>Metabolic Mashup</i>	4:30pm-5:20pm	Trevor
Small Group Training (SGT) (\$) <i>Kettlebell</i>	5:30pm-6:20pm	Trevor

WEDNESDAY CONTINUED

GroupX Studio

Pilates Mat	10:00am-10:45am	Angie
No Limits Dance Academy (\$)	3:30pm-6:30pm	

THURSDAY

Training Studio (\$)

HS50 Team Training (\$) <i>MX4</i>	5:30am-6:20am	Jamie
HS50 Team Training (\$) <i>Booty & Abs</i>	9:30am-10:20am	Angie
Small Group Training (SGT) (\$) <i>Reformer</i>	4:30pm-5:20pm	Angie
HS50 Team Training (\$) <i>AMRAP</i>	5:30pm-6:20pm	Trevor

GroupX Studio

Pilates Mat	10:00am-10:45am	Jamie
Hot Yoga <i>Starts March 9th</i>	5:30pm-6:30pm	Laura

FRIDAY

Training Studio (\$)

HS50 Team Training (\$) <i>Pilates Circuit</i>	5:30am-6:20am	Jamie
Small Group Training (SGT) (\$) <i>Reformer</i>	10:00am-10:50am	Angie
Small Group Training (SGT) (\$) <i>Aging Fit 55+</i>	11:00am-11:50am	Angie

GroupX Studio

Cycle & Core	8:45am-9:30am	Angie
Bliss Yoga	10:00am-11:00am	Francis
No Limits Dance Academy (\$)	3:30pm-6:30pm	

SATURDAY

Training Studio (\$)

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

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