

GROUP X

GROUP EXERCISE SCHEDULE FOR MARCH 2019



ROOM COLOR KEY:

GROUP FITNESS

MIND/BODY

POOL

BASKETBALL COURT

CYCLE

SUNDAY

9:00 am	45 min	PERFORMANCE CYCLE	Angela B.
9:00 am	50 min	POP PILATES	Alondra R.

MONDAY

5:30 am	50 min	HIIT	Deric C.
8:15 am	90 min	HATHA YOGA	Harsha G.
8:30 am	60 min	AQUA FIT	Melissa S.
8:30 am	45 min	HIIT	Deric C.
9:30 am	30 min	CYCLE SPRINT	Alondra R.
10:15 am	45 min	FOREVER BALANCED	Melissa S.
4:45 pm	45 min	BARRE	Alexis V.
5:30 pm	50 min	HIIT	Deric C.
6:00 pm	60 min	YOGA	Cheryl D.

TUESDAY

5:30 am	60 min	MASTER SWIM	Jack B.
5:30 am	50 min	HIIT	Deric C.
6:00 am	45 min	RHYTHM CYCLE	Tracy M.
7:00 am	60 min	BARRE	Heather M.
8:30 am	45 min	PILATES	Alisa R.
8:30 am	60 min	HIIT	Deric C.
8:30 am	60 min	AQUA FIT	Melissa S.
9:00 am	45 min	RHYTHM CYCLE	Angela B.
10:15 am	45 min	FOREVER STRONG	Melissa S.
5:45 pm	45 min	HIIT	Christina K.
6:30 pm	60 min	YOGA FLOW	Christina K.

WEDNESDAY

5:30 am	50 min	HIIT	Deric C.
6:00 am	45 min	CYCLE FUSION	Angela B.
8:15 am	90 min	HATHA YOGA	Harsha G.
8:30 am	60 min	AQUA FIT	Sandi S.
8:30 am	45 min	HIIT	Alisa R.
9:30 am	30 min	CYCLE SPRINT	Alondra R.
10:15 am	45 min	FOREVER STRONG	Melissa S.
4:45 pm	45 min	BARRE	Alexis V.
5:30 pm	50 min	HIIT	Deric C.
6:00 pm	60 min	YOGA	Cheryl D.
6:30 pm	45 min	CORE CONDITIONING	Alisa R.

THURSDAY

5:30 am	50 min	HIIT	Deric C.
5:30 am	60 min	MASTER SWIM	Jack B.
6:00 am	45 min	RHYTHM CYCLE	Tracy M.
8:30 am	45 min	BALANCED BODY	Alisa R.
8:30 am	50 min	HIIT	Deric C.
9:00 am	45 min	RHYTHM CYCLE	Angela B.
9:30 am	45 min	FOREVER FLEXIBLE	Christina K.
10:15 am	45 min	FOREVER STRONG	Christina K.
5:30 pm	45 min	BARRE	Heather M.
5:45 pm	45 min	HIIT	Christina K.
6:30 pm	60 min	YOGA FLOW	Christina K.

FRIDAY

8:30 am	60 min	TAI CHI	Robert N.
8:30 am	60 min	AQUA FIT	Sandi S.
8:30 am	45 min	RHYTHM CYCLE	Alondra R.
8:30 am	50 min	HIIT	Deric C.
9:45 am	60 min	YOGA FLOW	Christina K.

SATURDAY

8:30 am	50 min	CYCLE	Kadyn S.
8:30 am	60 min	AQUA FIT	Sarah M.
9:00 am	60 min	YOGA	Jody L.
9:00 am	60 min	HIIT	Deric C.
10:00 am	60 min	SPARTAN RACE TRAINING	Deric C.

TAKE YOUR SKILLS OUT INTO THE OPEN WATER!

Whether you're a big time swimmer, or just getting into it, train with us for the ICE Breaker Swim 2019 at Folsom Lake, April 7th.

TRAINING SCHEDULE*

Mon	HIIT	Thu	MASTER SWIM
Tue	MASTER SWIM	Fri	YOGA FLOW
Wed	HIIT	Sat	REST
		Sun	REST

*Classes highlighted in green are suggestions for training for the open swim

Interested in joining the team? Contact the Fitness Coordinator, Deric Cunha at dcunha@ardenhills.net or **916.480.1178**.