

GROUP X

GROUP EXERCISE SCHEDULE FOR SEPTEMBER 2019



ROOM COLOR KEY:

GROUP FITNESS

MIND/BODY

POOL

BASKETBALL COURT

CYCLE

SUNDAY

9:00 am	45 min	RHYTHM 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	Angela B.
9:30 am	30 min	CYCLE SPRINT	Alondra R.
9:30 am	50 min	HIIT	Deric C.
10:15 am	45 min	FOREVER BALANCED	Melissa S.
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	Angela B.
6:00 am	45 min	RHYTHM CYCLE	Tracy M.
7:30 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.
8:30 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.
8:15 am	90 min	HATHA YOGA	Harsha G.
8:30 am	60 min	AQUA FIT	Sandi S.
8:30 am	45 min	HIIT	Christina K.
9:30 am	45 min	HIIT	Deric C.
9:30 am	30 min	CYCLE SPRINT	Alondra R.
10:15 am	45 min	FOREVER STRONG	Melissa S.
5:30 pm	50 min	HIIT	Deric C.
6:00 pm	60 min	YOGA	Cheryl D.

THURSDAY

5:30 am	50 min	HIIT	Angela B.
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.
8:30 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	60 min	CYCLE	Alisa R.
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.

DO YOU HAVE WHAT IT TAKES TO BE A SPARTAN?

Join us as we run the Beast at the Spartan Race on September 28th in North Lake Tahoe!

TRAINING SCHEDULE*

Mon	STRENGTH	Thu	FLEXIBILITY
Tue	CARDIO	Fri	FLEXIBILITY
Wed	STRENGTH	Sat	SPARTAN RACE TRAINING
		Sun	REST

*Classes highlighted in blue are suggestions for training in the Spartan Race.

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

SCHEDULE ALSO AVAILABLE AT WWW.ARDENHILLS.CLUB