

ADULT ATHLETICS

ATHLETIC CLASS SCHEDULE MARCH 2020



ROOM COLOR KEY:

GROUP FITNESS

MIND/BODY

POOL

BASKETBALL COURT

CYCLE

SUNDAY

	9:00 am	60 min	RHYTHM CYCLE	Debbie J.
	9:00 am	50 min	POP PILATES	Alondra R.

MONDAY

	5:30 am	50 min	ATHLETIC TRAINING	Deric C.
	5:30 am	50 min	HIIT	Lauren D.
	8:15 am	90 min	HATHA YOGA	Harsha G.
	8:30 am	60 min	AQUA FIT	Melissa S.
	8:30 am	50 min	HIIT	Marti S.
	9:00 am	60 min	HIGH PERFORMANCE CLASS	Deric C.
	9:30 am	30 min	CYCLE SPRINT	Alondra R.
	10:15 am	45 min	FOREVER STRONG	Melissa S.
	5:45 pm	50 min	HIIT	Deric C.
	6:00 pm	60 min	YOGA	Cheryl D.
	6:30 pm	60 min	HIGH PERFORMANCE CLASS	Deric C.

TUESDAY

	5:30 am	50 min	ATHLETIC TRAINING	Deric C.
	5:30 am	50 min	HIIT	Tyler D.
	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	50 min	HIIT	Tyler D.
	8:30 am	60 min	AQUA FIT	Melissa S.
	9:00 am	60 min	HIGH PERFORMANCE CLASS	Deric C.
	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.
	6:30 pm	60 min	HIGH PERFORMANCE CLASS	Deric C.

WEDNESDAY

	5:30 am	50 min	ATHLETIC TRAINING	Deric C.
	5:30 am	50 min	HIIT	Lauren D.
	8:15 am	90 min	HATHA YOGA	Harsha G.
	8:30 am	60 min	AQUA FIT	Sandi S.
	8:30 am	45 min	HIIT	Marti S.
	9:00 am	60 min	HIGH PERFORMANCE CLASS	Deric C.
	9:30 am	30 min	CYCLE SPRINT	Alondra R.
	10:15 am	45 min	FOREVER STRONG	Melissa S.
	5:45 pm	50 min	HIIT	Deric C.
	6:00 pm	60 min	YOGA	Cheryl D.
	6:30 pm	60 min	HIGH PERFORMANCE CLASS	Deric C.

THURSDAY

	5:30 am	50 min	ATHLETIC TRAINING	Deric C.
	5:30 am	50 min	HIIT	Lauren D.
	6:00 am	45 min	RHYTHM CYCLE	Tracy M.
	8:30 am	50 min	HIIT	Tyler D.
	8:30 am	45 min	PILATES	Marti S.
	9:00 am	60 min	HIGH PERFORMANCE CLASS	Deric C.
	9:30 am	45 min	GENTLE YOGA	Christina K.
	5:45 pm	45 min	HIIT	Christina K.
	6:30 pm	60 min	YOGA FLOW	Christina K.
	6:30 pm	60 min	HIGH PERFORMANCE CLASS	Deric C.

FRIDAY

	5:30 am	50 min	ATHLETIC TRAINING	Deric C.
	8:30 am	60 min	TAI CHI	Robert N.
	8:30 am	60 min	AQUA FIT	Sandi S.
	8:30 am	50 min	HIIT	Tyler D.
	9:00 am	60 min	HIGH PERFORMANCE CLASS	Deric C.
	9:45 am	60 min	YOGA FLOW	Christina K.
	6:00 pm	60 min	HIGH PERFORMANCE CLASS	Deric C.

SATURDAY

	8:30 am	60 min	CYCLE	ROTATION
	8:30 am	60 min	AQUA FIT	Sarah M.
	9:00 am	60 min	YOGA	Jody L.
	9:00 am	50 min	HIIT	Deric C.
	10:00 am	50 min	HIGH PERFORMANCE CLASS	Deric C.
	11:00 am	50 min	KIDS CLASS	Deric C.

DO YOU HAVE WHAT IT TAKES TO BE A SPARTAN?

Join us as we run the Spartan Race on March 14th - 15th in Diablo Grande, California!

TRAINING SCHEDULE*

Mon	HIIT	Thu	YOGA FLOW
Tue	RHYTHM CYCLE	Fri	YOGA FLOW
Wed	HIIT	Sat	HIGH PERFORMANCE CLASS
		Sun	REST

*Classes highlighted in sage 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

PERFORMANCE CLASSES:

Accelerated classes that give purpose to your training. These classes are capped at 10 people, have access to upgraded equipment and facilities, and the coaches are motivating, intense and focus on training for the upcoming Athletic Events. Additional costs apply.

For more info contact Deric Cunha dcunha@ardenhills.net or 916.480.1178