

ADULT ATHLETICS

ATHLETIC CLASS SCHEDULE AUGUST 2020



ROOM COLOR KEY:

WEDDING COURTYARD

REC POOL AREA

RECREATION POOL

MONDAY

6:00 am	50 min	HIIT	Deric C
7:00 am	50 min	HIGH PERFORMANCE	Deric C
7:20 am	50 min	HATHA YOGA	Harsha G
8:30 am	50 min	FOREVER FIT	Melissa S
8:30 am	50 min	HIIT	Deric C
9:30 am	50 min	AQUA FIT	Melissa S
5:30 pm	50 min	HIIT	Victoria P

TUESDAY

6:00 am	50 min	HIIT	Deric C
7:00 am	50 min	HIGH PERFORMANCE	Deric C
8:30 am	50 min	FOREVER FIT	Melissa S
8:30 am	50 min	HIIT	Deric C
9:30 am	50 min	AQUA FIT	Melissa S
5:30 pm	50 min	HIIT	Victoria P

WEDNESDAY

6:00 am	50 min	HIIT	Deric C
7:00 am	50 min	HIGH PERFORMANCE	Deric C
7:20 am	50 min	HATHA YOGA	Harsha G
8:30 am	50 min	FOREVER FIT	Melissa S
8:30 am	50 min	HIIT	Deric C
9:30 am	50 min	AQUA FIT	Melissa S
5:30 pm	50 min	HIIT	Victoria P

THURSDAY

6:00 am	50 min	HIIT	Deric C
7:00 am	50 min	HIGH PERFORMANCE	Deric C
8:30 am	50 min	FOREVER FIT	Melissa S
8:30 am	50 min	HIIT	Deric C
9:30 am	50 min	AQUA FIT	Melissa S
5:30 pm	50 min	HIIT	Victoria P

FRIDAY

6:00 am	50 min	HIIT	Deric C
7:00 am	50 min	HIGH PERFORMANCE	Deric C
8:30 am	50 min	HIIT	Deric C
5:30 pm	50 min	HIIT	Victoria P

SATURDAY

9:00 am	50 min	HIIT	Victoria P
10:00 am	30 min	ROLL & RECOVERY	Victoria P

WHAT ARE YOUR ATHLETIC GOALS?



TAKE BACK 2020

For more information, contact the Fitness Coordinator, Deric Cunha at dcunha@ardenhills.club or 916.480.1178

SCHEDULE ALSO AVAILABLE AT WWW.ARDENHILLS.CLUB