

ADULT ATHLETICS

ATHLETIC CLASS SCHEDULE NOVEMBER 2020



ROOM COLOR KEY:

OUTDOOR FITNESS CENTER

EAST TERRACE

POOLS

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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