

ADULT ATHLETICS

ATHLETIC CLASS SCHEDULE
OCTOBER 2020



ROOM COLOR KEY:

OUTDOOR FITNESS CENTER

EAST TERRACE

POOLS

MONDAY

	6:00 am	50 min	HIIT	Deric C
	7:20 am	50 min	HATHA YOGA	Harsha G
	8:30 am	50 min	HIIT	Victoria P
	9:30 am	50 min	AQUA FIT	Kadyn S
	10:30 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

	6:00 am	50 min	HIIT	Deric C
	8:30 am	50 min	HIIT	Victoria P
	9:30 am	50 min	AQUA FIT	Kadyn S
	10:30 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

	6:00 am	50 min	HIIT	Deric C
	7:20 am	50 min	HATHA YOGA	Harsha G
	8:30 am	50 min	HIIT	Victoria P
	9:30 am	50 min	AQUA FIT	Kadyn S
	10:30 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

	6:00 am	50 min	HIIT	Deric C
	8:30 am	50 min	HIIT	Victoria P
	9:30 am	50 min	AQUA FIT	Kadyn S
	10:30 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

	6:00 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

SCHEDULE ALSO AVAILABLE AT WWW.ARDENHILLS.CLUB