

GROUP X

GROUP EXERCISE SCHEDULE FOR JANUARY 2019

ARDEN HILLS
PERFORMANCE CENTER

ROOM COLOR KEY:

GROUP FITNESS

MIND/BODY

POOL

BASKETBALL COURT

CYCLE

SUNDAY

9:00 am	45 min	PERFORMANCE CYCLE	Brooke F.
9:00 am	50 min	POP PILATES	Alondra R.

MONDAY

5:30 am	50 min	HIIT	Deric C.
7:00 am	50 min	PILATES	Cheryl D.
8:15 am	90 min	HATHA YOGA	Harsha G.
8:30 am	60 min	AQUA FIT	Melissa S.
8:30 am	45 min	HIIT	Deric C.
9:30 am	30 min	CYCLE SPRINT	Alondra R.
10:15 am	45 min	FOREVER BALANCED	Melissa S.
4:45 pm	45 min	BARRE	Alexis V.
5:30 pm	50 min	HIIT	Deric C.
6:00 pm	60 min	YOGA	Cheryl D.

TUESDAY

5:30 am	60 min	MASTER SWIM	Dominic P.
5:30 am	50 min	HIIT	Deric C.
6:00 am	45 min	RHYTHM CYCLE	Tracy 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	Alondra R.
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.

FEATURED CLASS:



HIIT WITH DERIC CUNHA
MON & WED | 5:30AM • 50 MINS

WEDNESDAY

5:30 am	50 min	HIIT	Deric C.
5:45 am	45 min	CYCLE FUSION	Brooke F.
7:00 am	50 min	PILATES	Cheryl 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	Alisa R.
9:30 am	30 min	CYCLE SPRINT	Alondra R.
10:15 am	45 min	FOREVER STRONG	Melissa S.
4:45 pm	45 min	BARRE	Alexis V.
5:30 pm	50 min	HIIT	Deric C.
6:00 pm	60 min	YOGA	Cheryl D.

THURSDAY

5:30 am	50 min	HIIT	Deric C.
5:30 am	60 min	MASTER SWIM	Dominic P.
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	60 min	AQUA FIT	Jasmine C.
9:30 am	50 min	CYCLE	Alisa R.
9:30 am	45 min	FOREVER FLEXIBLE	Christina K.
10:15 am	45 min	FOREVER STRONG	Jasmine C.
5:45 pm	45 min	HIIT	Christina K.
6:30 pm	60 min	YOGA FLOW	Christina K.

FRIDAY

5:45 am	45 min	CYCLE FUSION	Brooke F.
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.
10:15 am	45 min	FOREVER STRONG	Kelijo B.

SATURDAY

8:30 am	50 min	CYCLE	Rotation
8:30 am	60 min	AQUA FIT	Sarah M. & Jasmine C.
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.

SCHEDULE ALSO AVAILABLE AT WWW.ARDENHILLS.CLUB