

TRAINING SESSIONS

2022 JULY



LOCATION COLOR KEY	BASKETBALL COURT	MIND BODY ROOM	MOBILITY ROOM	REC POOL	TRAINING ROOM	CYCLE
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MONDAY

5:30 am	50 min	HIIT	Victoria P
7:30 am	60 min	YOGA	Harsha G
8:30 am	50 min	BOOTCAMP	Michael M
8:30 am	50 min	AQUA FIT	Annie W
8:45 am	45 min	FOREVER FIT	Matt L
5:00 pm	50 min	HIIT	Matt L
6:00 pm	40 min	SHRED20	Annie W
7:00 pm	45 min	MOBILITY YOGA	Annie W

TUESDAY

5:30 am	50 min	HIIT	Matt L
6:00 am	50 min	CYCLE	Annie W
7:00 am	50 min	SHRED20	Annie W
8:30 am	50 min	HIIT	Victoria P
8:30 am	50 min	AQUA FIT	Matt L
5:00 pm	50 min	BOOTCAMP	Michael M

WEDNESDAY

5:30 am	50 min	HIIT	Victoria P
6:00 am	50 min	BARRE	Kayleigh C
7:30 am	60 min	YOGA	Harsha G
8:30 am	50 min	BOOTCAMP	Michael M
8:45 am	45 min	FOREVER FIT	Matt L
5:00 pm	50 min	HIIT	Matt L
6:00 pm	45 min	SHRED20	Annie W
6:15 pm	40 min	CARDIO & CORE	Kayleigh C
6:50 pm	50 min	CYCLE	Annie W

THURSDAY

5:30 am	50 min	HIIT	Kayleigh C
6:00 am	50 min	SPIN	Annie W
7:00 am	50 min	SHRED20	Annie W
7:30 am	45 min	MOBILITY YOGA	Kayleigh C
8:30 am	50 min	HIIT	Victoria P
8:30 am	50 min	ZUMBA	Alondra R
8:30 am	50 min	AQUA FIT	Matt L
8:45 am	45 min	FOREVER FIT	Kayleigh C
9:30 am	40 min	SPRINT CYCLE	Alondra R
5:00 pm	50 min	BOOTCAMP	Michael M

FRIDAY

5:30 am	50 min	HIIT	Matt L
6:00 am	50 min	PILATES	Kayleigh C
7:00 am	50 min	BARRE	Kayleigh C
8:00 am	50 min	POP PILATES	Alondra R
8:30 am	50 min	AQUA FIT	Matt L
8:30 am	50 min	SHRED20	Annie W
9:30 am	50 min	KILLER KETTLEBELLS	Michael M

SATURDAY

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

SUNDAY

8:00 am	60 min	YOGA	Alondra R
9:15 am	50 min	BARRE	Kayleigh C

SIGN UP FOR TRAINING SESSIONS ON THE ARDEN HILL MOBILE APP



DOWNLOAD THIS PDF FROM THE ONLINE MEMBER PORTAL: ATHLETIC PAVILION > VIEW THIS MONTH'S ADULT ATHLETICS CALENDAR



CARDIO & CORE WEDNESDAYS | 6:15PM

Combine dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated. Join Kayleigh's class to improve balance, assist injury prevention, and become better at most everything you do.

