

GROUP FITNESS / CYCLING/ BOOTCAMP

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>		<u>SATURDAY</u>	<u>SUNDAY</u>
5:30am		Les Mills Tone w/ Wendy (45 min)	BodyPump w/Dawn (60 min)	Les Mills Tone w/ Wendy (45 min)	BootCamp/ CX w/Dawn (60 min)	8:00am	60 Min Cycling W/ Wendy	
7:15am			BootCamp w/ Andrew (30 min) <i>Basketball Floor</i>		BootCamp w/ Andrew (30 min) <i>Basketball Floor</i>	8:15am	Cardio & Core w/ Judy (45 min)	
8:30am		Total Senior Fitness (45 min) W/ Judy		Total Senior Fitness (45 min) W/ Judy		9:00am		BodyPump w/Danielle (60 min)
9:30am	Cardio Kick w/ Rebecca / Robin (60 min)		CardioStep w/Jenn (60 min)			9:00am		45 Min Cycling w/ Tony
4:30pm	30 Min Cycling W/ Katie					10:15am		Les Mills Tone w/ Wendy (45 min)
5:00pm	BootCamp w/ Katie (30 min)	Pilates w/ Judy (30 min)				Club Hours: M-F 5:00am-8:00pm Sat-Sun 7:00am-6:00pm zackwhitcomb@ohaclub.com		
5:30pm		Cardio Kick w/ Dawn (45 min)	BodyPump w/ Danielle (60 min)	Tone / CX w/ Wendy (60 min)	BodyPump w/Joslyn (60 min)			
5:30pm			60 Min Cycling W/ Tony					
5:45pm	BodyPump w/ Dawn (60 min)							

ORCHARD HILLS
ATHLETIC CLUB

EFFECTIVE 4/13/2021