

GROUP FITNESS ~ CYCLING ~ BOOTCAMP

	MON	TUE	WED	THU	FRI
5:30					BOOTCAMP/CX W/ WENDY 60 MIN
5:30		LES MILLS TONE W/ WENDY 45 MIN	BODYPUMP ROTATING INST. 60 MIN	LES MILLS TONE W/ WENDY 45 MIN	CYCLING W/ SOFIA 60 MIN
6:45		BOOTCAMP W/ SOFIA 45 MIN		BOOTCAMP W/ SOFIA 45 MIN	
8:30		TOTAL BODY FIT W/ PEGGY 45 MIN		TOTAL BODY FIT W/ JUDY 45 MIN	
9:00					MIXED TABATA W/ ROBIN 45 MIN
9:30	CARDIO KICK W/ REBECCA / ROBIN 60 MIN		CARDIO STEP - 60 MIN CORE - 30 MIN W/ JENN		
4:30	CYCLING W/ KATIE 30 MIN		ZUMBA 45 MIN		
5:00	BOOTCAMP W/ KATIE 30 MIN	PILATES W/ JUDY 30 MIN		PILATES W/ JUDY 30 MIN	
5:30	BODYPUMP W/ DANIELLE 60 MIN	CARDIO KICK W/ ROBIN 60 MIN	BODYPUMP W/ DANIELLE 60 MIN	TONE/CX W/ WENDY 60 MIN	BODYPUMP W/ JOSLYN 60 MIN
5:30		CYCLING W/ TONY 30 MIN	CYCLING W/ TONY 60 MIN		
6:30	ZUMBA W/ TARA 60 MIN				

	SAT	SUN
8:00	CYCLING W/ WENDY 60 MIN	LES MILLS TONE W/ WENDY/JENN 45 MIN
8:15	CARDIO & CORE W/ JUDY 45 MIN	
9:00		BODYPUMP W/ DANIELLE 60 MIN
9:00		CYCLING W/ TONY 45 MIN
9:30	ZUMBA W/ TARA / DIEDRE 60 MIN	

Club Hours:

M-Th 5:00am - 9:00pm

Fri. 5:00am - 8:00pm

Sat-Sun 7:00am - 6:00pm

ohaclub.com

orchardhills@ohaclub.com

Please bring a mat, towel and water to classes

revised 8/30/23

ORCHARD HILLS
ATHLETIC CLUB