

GROUP FITNESS ~ CYCLING ~ BOOTCAMP

	MON	TUE	WED	THU	FRI
5:30		LesMILLS TONE W/ WENDY 45 MIN	LesMILLS BODYPUMP ROSELLE 60 MIN	LesMILLS TONE W/ WENDY 45 MIN	BOOTCAMP/CX W/ WENDY 60 MIN CYCLING W/ SOFIA 60 MIN
6:15		BOOTCAMP W/ SOFIA 45 MIN		BOOTCAMP W/ SOFIA 45 MIN	
8:30	CARDIO KICK W/ REBECCA / ROBIN 60 MIN	TOTAL BODY FIT W/ PEGGY 45 MIN	FUNCTIONAL FITNESS W/ JENN 30 MIN	TOTAL BODY FIT W/ JUDY 45 MIN	MIXED TABATA W/ ROBIN 45 MIN
9:00			CARDIO BLAST W/ JENN 60 MIN		

4:30	CYCLING W/ KATIE 30 MIN		ZUMBA 45 MIN W/ DIEDRE		
5:00	BOOTCAMP W/ KATIE 30 MIN	PILATES W/ JUDY 30 MIN		PILATES W/ WENDY 30 MIN	
5:30	LesMILLS BODYPUMP W/ DANIELLE 60 MIN	CARDIO KICK W/ ROBIN 60 MIN CYCLING W/ TONY 30 MIN	LesMILLS BODYPUMP W/ DANIELLE 60 MIN CYCLING W/ TONY 60 MIN	LesMILLS TONE/CX W/ WENDY 60 MIN	LesMILLS BODYPUMP W/ JOSLYN 60 MIN
6:30	ZUMBA W/ TARA 60 MIN				

	SAT	SUN
8:00	CYCLING W/ WENDY 60 MIN	LesMILLS TONE W/ WENDY/JENN 45 MIN
8:15	CARDIO & CORE W/ JUDY 45 MIN	
9:00		LesMILLS BODYPUMP W/ DANIELLE 60 MIN CYCLING W/ TONY 45 MIN
9:30	ZUMBA W/ TARA / DIEDRE 60 MIN	
10:45	GENTLE YOGA FLOW W/ VANESSA 45 MIN 	

Class Locations

Cycling Studio: Cycling Classes
Fitness Center: Bootcamp
"MOVE" Studio: All other classes

Please bring a towel and water to class

EFFECTIVE 1/2/2024

ORCHARD HILLS
 ATHLETIC CLUB