

ORCHARD HILLS

ATHLETIC CLUB

Group Fitness Schedule

MONDAY

5:30am Mat Pilates | Leah
4:30pm Cycle | Kate
4:30pm Zumba | Kristen
5:00pm Bootcamp | Katie (Track)
5:30pm BodyPump | Danielle

TUESDAY

5:30am Tone | Wendy
6:15am Bootcamp | Sofia
8:30am Total Body FIT | Judy
5:00pm Pilates | Judy
5:30pm Cycle

WEDNESDAY

5:30am Cycle & Strength | Heidi
8:30am LesMills Core | Jenn
9:00am Cardio Blast | Jenn
10:30am Mat 1 Pilates | Jane
4:30pm Zumba | Dirdre
5:30pm BodyPump | Danielle
5:30pm Cycle

THURSDAY

5:30am Tone | Wendy
6:15am Bootcamp | Sofia
8:30am Total Body FIT | Judy
9:30am Yoga-lates | Judy
5:00pm Pilates | Wendy
5:30pm Tone / CX | Wendy
6:00pm Cycle | Cheryl

FRIDAY

5:30am Bootcamp / CX | Wendy
5:30am Cycle | Sofia
10:30am Mat 1 Pilates | Jane
5:30pm Body Pump | Josilyn

SATURDAY

8:00am Cycle | Wendy
8:15am Cardio Crush | Judy
9:15am Cycle | Cheryl
9:30am Zumba
10:45am Gentle Yoga | Vanessa

SUNDAY

8:00am Tone | Wendy
8:30am Cycle
9:30am Body Pump | Tony

SIGN UP AT OHACLUB.COM OR THE OHAC APP