

GROUP FITNESS ~ CYCLING ~ BOOTCAMP

MORNING CLASSES

	SUN	MON	TUES	WED	THURS	FRI	SAT
5:30 AM		Full Body Fusion w/Heidi 60 Min. MOVE Studio	Les Mills Tone w/Wendy 45 Min. MOVE Studio		Les Mills Tone w/Wendy 45 Min. MOVE Studio	Bootcamp/CX w/Wendy 45 Min. MOVE Studio	
7:00 AM				Strength, Mobility, Flexibility w/Heidi 60 Min. MOVE Studio			
8:00 AM	Les Mills Tone w/Wendy/Jenn 45 Min. MOVE Studio						Cycling w/Wendy 45 Min. Cycling Studio
8:15 AM							Cardio Crush w/Judy 60 Min. MOVE Studio
8:30 AM	Cycling w/Tony 45 Min. Cycling Studio			Functional Fitness w/Jenn 30 Min. MOVE Studio	Total Body FIT w/Judy 45 Min. MOVE Studio	Mixed Tabata w/Robin 45 Min. MOVE Studio	
9:00 AM		OHAC F.I.T w/Paige 60 Min. Turf		Cardio Blast w/Jenn 60 Min. MOVE Studio ----- OHAC F.I.T w/Paige 60 Min. Turf			
9:30 AM	Les Mills BodyPump w/Tony 60 Min. MOVE Studio				Yoga-lates w/Judy 60 Min. MOVE Studio		Zumba w/Tara/Diedre 60 Min. MOVE Studio
10:30 AM				Mat 1 Pilates w/Jane 45 Min. MOVE Studio		Mat 1 Pilates w/Jane 45 Min. MOVE Studio	
10:45 AM							Gentle Yoga Flow w/Vanessa 45 Min. MOVE Studio

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EVENING CLASSES

	SUN	MON	TUES	WED	THURS	FRI	SAT
4:30 PM		Cycling w/Katie 30 Min. Cycling Studio		Zumba w/Diedre 45 Min. MOVE Studio			
5:00 PM		Bootcamp w/Katie 45 Min. Turf	Pilates w/Judy 30 Min. MOVE Studio		Pilates w/Wendy 30 Min. MOVE Studio		
5:30 PM		Les Mills BodyPump w/Danielle 60 Min. MOVE Studio	Cardio Kick w/Robin 60 Min. MOVE Studio ----- Cycling w/Tony 45 Min. Cycling Studio	Les Mills BodyPump w/Danielle 60 Min. MOVE Studio ----- Cycling w/Tony 60 Min. Cycling Studio	Les Mills Tone/CX w/Wendy 60 Min. MOVE Studio	Les Mills BodyPump w/Josilyn 60 Min. MOVE Studio	
6:30 PM		Zumba w/Kristen 60 Min. MOVE Studio					

Effective 7/14/2025

Class Descriptions



ORCHARD HILLS
ATHLETIC CLUB