

April 2022

ADC Recreation Center *Group Fitness Schedule*

April 4th - April 29th

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
5:45a-6:15a		Yoga 5:45a-6:15a Kara - <i>VIRTUAL</i>				Core Blast 5:45a-6:05a Kara - <i>VIRTUAL</i>
6:30a-7a			Weight Room Warriors (on-site) Cole			
9:30a-10a					Yo-Chi Laura - <i>VIRTUAL</i>	
12p-12:30p	Upper Body 12-12:15pm Kristen - <i>VIRTUAL</i>	Full Body Blast (on-site) 12-12:45pm Hannah	Bootcamp (on-site) 12-12:45pm Kristen		Ripped (on-site) 12-12:45pm Cole	Kickboxing 12-12:30p Kara - <i>VIRTUAL</i>
	Quick HIIT 12:15-12:30pm Kristen - <i>VIRTUAL</i>			Lower Body 12:15-12:30p Andy- <i>VIRTUAL</i>		
12:35p-1p				Core Blast 12:35-12:55p Kara - <i>VIRTUAL</i>		Yoga 12:35-1p Megan - <i>VIRTUAL</i>
5:15p-5:45p	Yo-Chi Laura - <i>VIRTUAL</i>		Cycling (on-site) Hannah	Yoga Laura - <i>VIRTUAL</i>		
6:30p-7p		LIIT Bootcamp Noah - <i>VIRTUAL</i>				

*To register for any virtual class, email wellness_center@ham.honda.com with the classes that you would like to attend.