

ADC ON-SITE GROUP FITNESS

TIME (PST)	MON	TUES	WED	THUR	FRI
6:00 am		Rise & Grind w/ Piper			
11:15 am			Always an Athlete w/ Piper		
12:00 pm		Lunch Crunch w/ Kylie	Bootcamp w/ Piper	Cycle & Strength w/ Piper	Friday Class Highlight w/ Piper
4:15 pm			Just Do HIIT w/ Kylie		

FEBRUARY FRIDAY CLASS HIGHLIGHT

ALWAYS AN ATHLETE

A class designed to improve one's speed, agility, coordination, balance, & overall body awareness through various athletic movements & drills.

Can't make the Wednesday class time at 11? Come try out the class on Friday at 12:00 pm for the month of February!

CLASS DESCRIPTIONS

RISE & GRIND

Start your week off right with a full body strength and cardio combination in a fast-paced format.

LUNCH CRUNCH

Functional strength training with minimal rest periods to simultaneously work the muscular and cardiovascular systems.

ALWAYS AN ATHLETE

A class designed to improve one's speed, agility, coordination, balance, & overall body awareness through various athletic movements & drills.

BOOTCAMP

Your full body workout. Each class is created to challenge cardio fitness and build strength.

JUST DO HIIT

H.I.I.T. stands for high-intensity interval training, and is a training technique in which you give all-out effort through quick, intense bursts of exercise, followed by short recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

CYCLE & STRENGTH

A combination of spin and strength. A great lower body workout on the bike paired with an upper body workout with dumbbells