

# ADC ON-SITE GROUP FITNESS



## FRIDAY CLASS HIGHLIGHT

### BOSU BONANZA

Each month we select a different piece of equipment to make the "star" of the class. The mix of both cardio and resistance will surely wear you out while learning something new along the way!

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/ Piper	Bootcamp w/ Kylie	Cycle & Strength w/ Piper	BOSU Spotlight Class
4:15 pm			Just Do HIIT w/ Kylie		