

ADC on-site Group Fitness

TIME (PST)	MON	TUES	WED	THUR	FRI
6:00 am					
11:15 am					
12:00 pm	Strength & Mobility w / Sam	Circuit Blitz w/ Jordan	Strength & Mobility w/ Sam	Cycle & Strength w/ Jordan	
5:30 pm					

Strength & Mobility

Your full body workout! Each class is designed to build **Strength, Mobility** and challenge **Cardio Fitness**.

Cycle & Strength

A combination of spin and strength. Join us for a great **Cardio** workout on the bike paired with a **Strength** workout off the bike!

Circuit Blitz

Circuit Blitz is a **high-intensity** group fitness class that combines **fast-paced circuit** training with **strength** and **cardio** exercises to maximize calorie burn and muscle endurance. Participants move quickly between stations, pushing their limits in a fun and challenging atmosphere.