

ADC Rec Center

Group Fitness Schedule



Rise & Grind

Start your day strong with Rise and Grind, a motivating full-body workout designed to build strength, increase endurance, and get you moving with purpose.

Short Circuit

Short on time? Short Circuit delivers a high-energy, total-body workout using quick circuits to boost strength, endurance, and calorie burn.

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!

HIIT

High intensity interval training offers a variety of benefits for the body. Targeting strength, endurance, and mobility all at once.

Pulse & Pose Yoga

A dynamic, yoga / pilates mix that builds muscle, improves flexibility, and gets your heart rate up. No fluff — just movement, sweat, and results.

Bootcamp

Bootcamp is a anything goes, high-energy group workout that combines strength, cardio, and endurance training in a fast-paced, team-driven environment.

TIME (EST)	MON	TUES	WED	THUR	FRI
6:15 am			Rise & Grind w/ Cole		
11:30 am					Short Circuit (30 min) w/ Jordan
12:00 pm	Strength & Mobility w/ Cole	Cycle & Strength w/ David	HIIT w/ Logan	Pulse & Pose Yoga w/ Andrea	
4:15 pm				Bootcamp w/ Logan	