

# ADC Rec Center

## Group Fitness Schedule

| TIME (EST) | MON                         | TUES                      | WED           | THUR                        | FRI                              |
|------------|-----------------------------|---------------------------|---------------|-----------------------------|----------------------------------|
| 6:15 am    |                             |                           |               |                             |                                  |
| 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           |                                  |
| 5:00 pm    |                             | Yoga w/ Andrea            |               |                             |                                  |

### 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.

### Short Circuit

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