Alta Canyon Sports Center

Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	Power Pump-Cindy Spin-Jen	Power Step-Mindy Spin-Clint	Power Pump-Cindy Spin-Jen	Power Step-Mindy Spin-Clint	Pilates-Cindy Spin-Kellie	
6:30 am						Spin-Clint
7:45 am						Yoga-Cindy Spin-Annette
8:00 am	Pilates-Bethne	X-Training-Vicky	Cardio Challenge-Bethne	X-Training-Vicky	Interval-Bethne	
9:00 am	Hi\Lo Pump-Jen Spin– Cindy	*Nia– Marcie Spin-Cindy	Multi step-Jen Spin-Cindy	*Nia-Marcie	Pilates-Jen	Nia-Tammy Spin-Bethne
10:00 am	Tone & Tighten-Bethne	Yoga (75 min)-Angie	Pump/Pilates-Bethne	Yoga (75 min)-Angie	Spin-Bethne	
10:15 am						Power Pump-Bethne
12:00 pm	Midday Express-Bethne		Midday Express-Bethne			
5:15 pm		Kickbox/Step– Jen		Kickbox/Step-Jen		
5:30 pm	Spin-Kellie		Spin-Kellie			
6:00 pm	Cardio Kickbox-Nancy	Power Pump-Bethne Spin-Annette	Cardio Kickbox–Nancy	Power Pump-Bethne Spin-Annette		
7:00 pm	Cut To The Core-Kellie		Cut To The Core–Kellie			
8:00 pm	Pilates-Carol	Yoga-Connie	Pilates-Carol	Yoga-Connie		

*** Nia will be offered on Tues & Thurs. starting October 26th– Come Over to The Canyon to try Nia**

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