

February 2019 *CARDINAL'S FITNESS CENTER*



Take care of yourself...life is short

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 6AM-9PM OPEN GYM 6AM-9PM 5:00PM EXPRESS SPIN BETH 5:30PM PURE STRENGTH DEBBIE (T) 5:45PM EXPRESS SPIN BETH	5:30AM TABATA SPIN LEIGH 8:30AM STRENGTH DEBBIE 6AM-9PM OPEN GYM 5:30PM TABATA SPIN JASON	6AM-9PM OPEN GYM 5:30PM HIIT KICKBOX DEEDEE (T) 5:30PM YOGA SYDNEY 5:30PM SPINNING MICHELLE	5:30AM HIIT IT DEBBIE (T) 8:30AM CIRCUIT CITY LEIGH (T) 6AM-9PM OPEN GYM 5:30PM THE WARRIOR DEBBIE (T) 5:30PM EXPRESS SPIN MICHELLE	6AM-9PM OPEN GYM 12:15PM TABATA SPIN LEIGH	9:00AM SPINNING MICHELLE 10:00AM KETTLES/TRX LEIGH 10:30AM YOGA SYDNEY <FOLLOW US ON> 	1:15PM EXPRESS SPIN MICHELLE
	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM
	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM
	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM	6AM-9PM OPEN GYM



= SPIN CLASS
 (T) = TURF ROOM
 = 30 MIN. CLASS

SIGN UP FOR YOUR CLASSES USING THE CARDINALS FITNESS CENTER APP TODAY!

KICKSTART BOOTCAMP

 CARDINAL'S FITNESS

FEBRUARY 18TH-MARCH 30TH

MONDAY'S & THURSDAY'S 6:15PM
 SATURDAY'S 10:00AM

BEGINNERS WELCOME
*everyone has to start somewhere
 let this be your starting point to a
 healthy & fit you*

MORE MOTIVATE THAN INTIMIDATE

**6week6am
 bootcamp**

MONDAYS TUESDAYS THURSDAYS
FEB 18-MARCH 28