





Grab your friends and sign up for the **Tour de Cardinal's!**

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM TABATA SPIN LEIGH 		5:30 AM HIIT IT LEIGH/ASHTON(T) 			
					9:00 AM SPINNING MICHELLE 	
8:30 AM 20/20 MONICA	8:30 AM STRENGTH ASHTON	8:30 AM KETTLES/TRX ASHTON	8:30 AM CIRCUIT CITY LEIGH(T)	8:30 AM TABATA MONICA 	10:00AM KETTLES/TRX LEIGH 	
	9:15 AM EXPRESS SPIN BETH 		9:15 AM SPINNING VIRTUAL 		10:30AM YOGA SYDNEY	
					<FOLLOW US ON>	
12:15 PM SPINNING VIRTUAL 		12:15 PM ABS CORE VIRTUAL		12:15 PM TABATA SPIN LEIGH 	   	
5:00 PM EXPRESS SPIN DEEDEE 		5:00 PM PYRAMID POWER ASHTON(T) 	5:00 PM THE WARRIOR DEEDEE (T) 			
5:30 PM YOGA NISHITA	5:30 PM TABATA SPIN BETH 	5:30PM HIIT KICKBOX ASHTON(T)	5:30 PM EXPRESS SPIN MONICA 			1:15 PM EXPRESS SPIN MONICA 
5:30 PM PURE STRENGTH ASHTON(T)	5:30 PM FUNCTIONAL FITNESS MONICA (T)		5:30PM FUSION FITNESS SYDNEY			2:00 PM YOGA SYDNEY
5:45 PM SPINNING BETH 		5:45 PM SPINNING BETH 				
6:15 PM YOGA NISHITA	6:15 PM TURBOKICK KELLEE	6:15PM YOGALATES SYDNEY	6:15PM YOGA SYDNEY			 = SPIN CLASS (T) = TURF ROOM  = 30 MIN. CLASS

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



**SIGN UP TODAY!
SPACE IS LIMITED!**



Tour de Cardinal's

February 17th - March 3rd

6 AM BOOTCAMP

WITH DEBBIE

RISE

AND



**FEBRUARY 12TH - MARCH 15TH
MONDAY, TUESDAY, THURSDAY**