

**WE WILL BE CLOSED APRIL 1ST FOR EASTER!**

**Group Fitness Classes**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM TABATA SPIN LEIGH		5:30 AM HIIT IT ASHTON (T)		9:00 AM SPINNING MICHELLE	
			5:30 AM EXPRESS SPIN LEIGH	<b>NEW</b>	10:00 AM KETTLES/TRX LEIGH	
	8:30 AM STRENGTH ASHTON		8:30 AM CIRCUIT CITY LEIGH (T)	8:30 AM TABATA MONICA	10:30 AM EXPRESS SPIN MICHELLE	
	9:15 AM EXPRESS SPIN BETH		9:15 AM SPINNING VIRTUAL		10:30AM YOGA SYDNEY	
					<b>&lt;FOLLOW US ON&gt;</b>	
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)	<b>MAKE SURE YOU CHECK OUT THE SCHEDULE!</b>  <b>SOME CLASSES HAVE CHANGED!</b>		
5:30 PM YOGA NISHITA	5:30 PM TABATA SPIN BETH	5:30PM HIIT KICKBOX ASHTON (T)	5:30 PM EXPRESS SPIN MICHELLE			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 YOGALATES MONICA
5:45 PM EXPRESS SPIN BETH		5:45 PM SPINNING BETH				(T)= TURF ROOM
6:15 PM YOGA NISHITA	6:15 PM TURBOKICK KELLEE	6:15PM YOGALATES SYDNEY	6:15PM YOGA SYDNEY			⌚ = 30 MIN. CLASS

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

**EVERY DAY IS ANOTHER CHANCE TO GET STRONGER TO EAT BETTER TO LIVE HEALTHIER AND TO BE THE BEST VERSION OF YOU**

## 6AM BOOTCAMP

Mon, Tues, & Thurs  
April 30<sup>th</sup> - June 7<sup>th</sup>  
Includes Group Fitness Classes!

