

ADC ON-SITE GROUP FITNESS

TIME	MON	TUES	WED	THUR	FRI
6:00 am					
11:15 am					
12:00 pm	Weekly Reset w/ Jordan	Lunch Crunch w/ Piper	Bootcamp w/ Jordan	Cycle & Strength w/ Piper	
4:15 pm					

WEEKLY RESET

A healthy blend of myofascial release, stretching, and activating for enhanced mobility and a nice movement tune up after a long weekend.

BOOTCAMP

Your full body workout! Each class is created to challenge cardio fitness and build strength.

LUNCH CRUNCH

Functional strength training with minimal rest periods to simultaneously work the muscular and cardiovascular systems.

CYCLE & STRENGTH

A combination of spin and strength. A great lower body workout on the bike paired with an upper body workout with dumbbells