

ADC on-site Group Fitness

TIME (PST)	MON	TUES	WED	THUR	FRI
6:00 am					
11:15 am					
12:00 pm		Strength & Mobility w/ Sam	Cycle & Strength w/ Gage	Strength & Mobility w/ Sam	
5:30 pm		Cardio Kickboxing w/ Gage			

Strength & Mobility.

Your full body workout! Each class is designed to build **Strength**, **Mobility** and challenge **Cardio Fitness**.

Cycle & Strength

A combination of spin and strength. Join us for a great **Cardio** workout on the bike paired with a **Strength** workout off the bike!

Cardio Kickboxing

An invigorating circuit style workout that will have you **Jabbing**, **Upper Cutting**, and **Kicking** your way to a healthier body.