



GROUP EXERCISE SCHEDULE

2019 January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM			5:00-6:00 am Strong&Sculpted w/ Cathy (3-4)				*Class Location Key*
5:15 AM	5:00-6:00 am Strong&Sculpted w/ Cathy (3-4)	5:30-6:30 am Kickboxing/HIIT W/Amber (4-5)	5:15-6:15am Lifting for Runners w/Chad (4)	5:30-6:30 am Total Conditioning W/Amber (4-5)	5:30-6:00 am TRX w/ Lynne (3-5)		Racquetball Court
5:30 AM							Cycle Theater
5:45 AM	5:45am-6:30am Cycle Circuits w/ Lynne (2-4)	5:30-6:30am Cardio Circuits w/ Cathy (3-4)	5:30-6:30 am Induro Cycle w/ Amber(4-5)	5:30-6:30am Aqua Power Fitness w/ Cathy (3-4)	6:00-6:30 am Induro Cycle w/ Chad (2-4)		Pool
6:00 AM						8:00- 8:45am Motivation Max w/ Lynne (4)	Education Room
6:15 AM							Cardio/Strength Floor
8:00 AM							NEW** CLASS LEVEL SCALE
8:15 AM		9:30-10:30 am Forever Fit w/Janea (1)	9:30-10:30 am On-Screen Cycle (2-3)	9:30-10:30 am Forever Fit w/Janea (1)	10:00-11:00 am Aqua Aerobics w/ Linda (1)		1- Very low impact and/or intensity
8:30 AM							2- Low impact / moderate intensity
9:30 AM							3- Moderate
9:45 AM							4- Med-High intensity and/or impact
10:00 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)	10:30-11:20am Aqua Zumba w/Jill (3-4)	10:00-11:00 Aqua Aerobics w/ Linda (1)		10:30-11:30am Coffee & Cardio W/ Brenna (2)		5 - High Impact and Intensity
10:15 AM							FITATHLON STARTS JANUARY 7TH SIGN UP TODAY
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM		11:30-12:30 am Liquid Magic w/ Rebecca (1)		11:30-12:30am Liquid Magic w/ Rebecca (1)			
11:45 AM		12:15-12:45pm TRX Stability/ Core w/Chad (2-4)	12:15-12:45pm Core W/ Chad (3)	12:15-12:45pm TRX Class led (2-4)			
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 AM							
1:30 PM	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)		1:30-2:30 pm Stable, Steady & Strong w/ Brenna (1-2)		12:15-12:45pm Nutrition: JAN 10th Supplements / JAN 24th Make a super shake W/Jill		
1:45 PM							
2:00 PM							
3:15 PM							
3:30 PM			3:30-4:10 Zumba Gold w/ Jill (2-3)				
3:45 PM							
4:00 PM							
4:15 PM	4:15-5:00pm Induro cycle w/ Jill (3-5)		4:15-5:00 BOSU w/ Jill (3-5)				
4:45 PM							
5:00 PM	5:15-6:00pm BOSU HIIT w/ Jill (3-4)	5:15-6:00pm Induro Cycle w/Cathy (3-5)	5:00-5:25pm 80's Induro Cycle w/ Jill (3-5)			4:00- 5:00pm Jan6th& 27th only* STRONG with Jill (4-5)	Classes CAN change! Download the NCK Wellness App to BOOK a class or see descriptions. Log in with the e-mail address you gave us and enroll in the class so you get updates and don't show up to a cancelled class!
5:15 PM	5:30-6:15pm Restorative YOGA w/ Tara (1-2)	5:15-5:45pm Abs&Glutes w/ Tara (3-4)	5:00-5:45pm Liquid Magic w/ Rebecca (1)	5:15-6:10pm STRONG w/ Jill (4-5)			PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR
5:30 PM	5:30-6:00pm Induro Cycle w/ Amber (4-5)	5:50-6:00pm Arms w/ Tara (3)	5:30-6:15pm Induro Cycle w/Lynne (3-5)				
5:45 PM	6:05-6:35 pm Upper&Lower Blast w/ Amber (4-5)		5:45-6:30pm Mommy & Me w/Melissa (3-4)				
6:00 PM	6:00-7:00pm Strength&Weights w/ Brian (3-5)		5:45-6:30 pm Aqua Jam w/ Angela (3-4) 6:00-7:00pm Strength&Weights w/ Brian (3-5)	6:10-7 pm Aqua Zumba w/ Jill (3-4)			
6:15 PM							
7:00 PM							