



# GROUP EXERCISE SCHEDULE

## \*March 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM							<b>*Class Location Key*</b>
5:15 AM	<b>5:00-6:00 am Strong&amp;Sculpted w/ Cathy (3-4)</b>		<b>5:00-6:00 am Strong&amp;Sculpted w/ Cathy (3-4)</b>				<b>Gym</b>
5:30 AM		<b>5:30-6:30 am CSI W/Amber (4-5)</b>	<b>5:15-6:15am Lifting for Runners w/Chad (4)</b>	<b>5:30-6:30 am Total Conditioning W/Amber (4-5)</b>	<b>5:30-6:00 am TRX w/ Lynne (3-5)</b>		<b>Group Ex Room</b>
5:45 AM		<b>5:45am-6:30am Cycle Circuits w/ Lynne (2-4)</b>	<b>5:30-6:30am Cardio Circuits w/ Cathy (3-4)</b>	<b>5:30-6:30 am Induro Cycle w/ Amber(4-5)</b>	<b>5:30-6:30am Aqua Power Fitness w/ Cathy (3-4)</b>	<b>6:00-6:30 am Induro Cycle w/ Chad (2-4)</b>	
6:00 AM							
6:15 AM							<b>Pool</b>
8:00 AM						<b>8:00-8:30am Step it Up! 8:30-8:45 Tone w/ Lynne (4)</b>	<b>Education Room</b>
8:15 AM							<b>Cardio/Strength Floor</b>
9:30 AM			<b>9:30-10:30 am On-Screen Cycle (2-3)</b>	<b>9:30-10:30 am Forever Fit w/Janea (1)</b>			<b>NEW** CLASS LEVEL SCALE</b>  1= Very low impact and/or intensity 2=Low impact / moderate intensity 3= Moderate 4= Mod-High intensity and/or impact 5 = High Impact and Intensity
9:45 AM		<b>9:30-10:30 am Forever Fit w/Janea (1)</b>	<b>10:00-11:00 Aqua Aerobics w/ Linda (1)</b>				
10:00 AM	<b>10:00-11:00 Aqua Aerobics w/ Linda (1)</b>				<b>10:00-11:00 am Aqua Aerobics w/ Linda (1)</b>		
10:15 AM			<b>10:30-11:20am Aqua Zumba w/Jill (3-4)</b>			<b>10:30-11:30am Coffee &amp; Cardio W/ Brenna (2)</b>	
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM		<b>11:30-12:30 am Liquid Magic w/ Rebecca (1)</b>		<b>11:30-12:30am Liquid Magic w/ Rebecca (1)</b>			
11:45 AM							
12:00 PM							
12:15 PM		<b>12:15-12:45pm TRX Stability/ Core w/Chad (2-4)</b>	<b>12:15-12:45pm Core W/ Chad (3)</b>	<b>12:15-12:45pm TRX Class led (2-4)</b>			
12:30 PM							
12:45 PM							
1:00 AM							
1:30 PM	<b>1:30-2:30 pm Stable, Steady &amp; Strong w/Brenna (1-2)</b>						
1:45 PM				<b>1:30-2:30 pm Stable, Steady &amp; Strong w/ Brenna (1-2)</b>			
2:00 PM							
3:15 PM							
3:30 PM							
3:45 PM			<b>3:30-4:10 Zumba Gold w/ Jill (2-3)</b>				
4:00 PM							
4:15 PM	<b>4:15-5:00pm Induro cycle w/ Jill (3-5)</b>		<b>4:15-5:00 Mat Pilates w/ Jill (3-5)</b>	<b>4:15-5:00 Zumba w/ Jill (3-5)</b>			
4:45 PM		<b>4:15-5:10pm Beginner/LOW Impact STRONG w/Jill</b>	<b>5:00-5:25pm Induro Cycle w/ Jill (3-5)</b>		<b>4:15-5:00pm Induro Cycle w/Cathy (3-5)</b>		
5:00 PM							
5:15 PM	<b>5:15-6:00pm BOSU HIIT w/ Jill (3-4)</b>	<b>5:15-5:45pm Abs&amp;Glutes w/ Tara (3-4)</b>	<b>5:00-5:45pm Liquid Magic w/ Rebecca (1)</b>	<b>5:15-6:10pm STRONG w/ Jill (4-5)</b>			
5:30 PM	<b>5:30-6:15pm Restorative YOGA w/ Tara (1-2)</b>	<b>5:30-6:30 pm Aqua Zumba w/ Jill (3-4)</b>	<b>5:30-6:15pm Induro Cycle w/Lynne (3-5)</b>	<b>5:30-6:15pm Restorative YOGA w/ Tara (1-2)</b>			
5:45 PM	<b>5:30-6:00pm Induro Cycle w/ Amber (4-5)</b>	<b>5:50-6:15pm Arms w/ Tara (3)</b>	<b>5:45-6:30pm Mommy &amp; Me w/Melissa (3-4)</b>				
6:00 PM	<b>6:05-6:35 pm Upper&amp;Lower Blast</b>		<b>5:45-6:30 pm Aqua Jam w/ Angela (3-4)</b>				
6:30 PM			<b>6:00-7:00pm Strength&amp;Weights w/ Brian (3-5)</b>				
6:45 PM							
7:00 PM	<b>Fit Crew WOD's Schedule Monday-Friday 5:15am/6:15am/8:15am/4:45pm/Sat 8:15am</b>						
	<b>Possible Locations used: Gym/Strength/Cardio Floor/ Health Room</b>						
						<b>Sunday</b>	
						<b>4:00-5:00pm STRONG with Jill (4-5)</b>	<b>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!</b>
							<b>PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR</b>