GROUP EXERCISE SCHEDULE
*May 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	5:00-6:00 am Track Class w/ Cathy (3-4)		5:00-6:00 am Track Class w/ Cathy (3-4)			
5:15 AM						
5:30 AM		5:30-6:30 am Warrior Blast W/Amber (4-5)	5:30-6:30 am Induro Cycle w/ Amber(4-5)	5:30-6:30 am Total Conditioning W/Amber (4-5)	5:30-6:00 am TRX w/ Lynne (3-5)	
5:45 AM	5:45am-6:30am Cycle Circuits w/ Lynne (2-4)	5:30-6:30am Track Class w/ Cathy (3-4)		5:30-6:30am Aqua Power Fitness w/ Cathy (3-4)	6:00-6:30 am Induro Cycle w/ Chad (2-4)	
6:00 AM						
6:15 AM						
8:00 AM						
8:15 AM						
9:30 AM		9:30-10:30 am Stable, Steady & Strong w/Janea (1)	9:30-10:30 am On-Screen Cycle (2-3)	9:30-10:30 am Stable, Steady & Strong w/Janea (1)		
9:45 AM						
10:00 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)		10:00-11:00 Aqua Aerobics w/ Linda (1)		10:00-11:00 am Aqua Aerobics w/ Linda (1)	
10:15 AM						
10:30 AM		10:30-11:20am Aqua Zumba w/Jill (3-4)			10:30-11:30am Stable, Steady & Strong W/ Brenna (2)	
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						
12:00 PM						
12:15 PM		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)		
12:30 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)			
1:45 PM						
2:00 PM						
3:15 PM						
3:30 PM			3:30-4:10 Zumba Gold w/ Jill (2-3)			*Sunday*
3:45 PM						May 5th ONLY* 4:00-5:00pm STRONG with Jill (4-5)
4:00 PM						
4:15 PM	4:15-5:00pm Induro cycle w/ Jill (3-5)		4:15-5:00 Mat Pilates w/ Jill (3-5)	4:15-5:00 Zumba w/ Jill (3-5)		
4:45 PM		4:15-5:10pm Beginner/LOW Impact STRONG w/Jill				
5:00 PM			5:00-5:25pm Induro Cycle w/ Jill (3-5)			
5:15 PM	5:15-6:00pm BOSU HIIT/TRX Abs w/ Jill (3-4)			5:15-6:10pm STRONG w/ Jill (4-5)		
5:30 PM	5:30-6:15pm Restorative YOGA w/ Tara (1-2)	5:30-6:30 pm Aqua Zumba w/ Jill (3-4)	5:30-6:15pm Induro Cycle w/Lynne (3-5)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)		
5:45 PM	5:30-6:00pm Induro Cycle w/ Amber (4-5)		5:45-6:30pm Mommy & Me w/Melissa (3-4)			
6:00 PM	6:05-6:35 pm Upper&Lower Blast		5:45-6:30 pm Aqua Jam w/ Angela (3-4)			
6:30 PM						
6:45 PM						
7:00 PM	Fit Crew WOD's Schedule Monday-Friday 5:15am/6:15am/8:15am/4:45pm/Sat 8:15am Possible Locations used: Gym/Strength/Cardio Floor/ Health Room					

Class Location Key

- Group Ex Room
- BHS Track
- Gym
- Racquetball Court
- Cycle Theater
- Pool
- Education Room
- Cardio/Strength Floor

NEW CLASS LEVEL SCALE**

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

We have a great Nutrition Program! Optimize 365, Sign up today!

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! **PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR**