



GROUP EXERCISE SCHEDULE

*June 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Class Location Key*
5:00 AM	5:00-6:00 am Track Class w/ Cathy (3-4)	5:30-6:30 am Warrior Blast W/Amber (4-5)	5:00-6:00 am Track Class w/ Cathy (3-4)	5:30-6:30 am Total Conditioning W/Amber (4-5) 5:30-6:30am Aqua Power Fitness w/ Cathy (3-4) 8:00-8:30am Induro Cycle w/ Jill or Cathy (2-4) 8:30-9:00am Abs/Stretch w/ Jill or Weights w/ Cathy 9:30-10:30am Stable, Steady & Strong w/Janea (1)	5:30-6:00 am TRX w/ Lynne (3-5) 6:00-6:30 am Induro Cycle w/ Chad (2-4)		Group Ex Room
5:15 AM			BHS Track				
5:30 AM			Gym				
5:45 AM	5:45am-6:30am Cycle Circuits w/ Lynne (2-4)	5:30-6:30am Track Class w/ Cathy (3-4)					Racquetball Court
6:00 AM							Cycle Theater
6:15 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)	10:30-11:20am Aqua Zumba w/Jill (3-4) 11:30-12:30 am Liquid Magic w/ Rebecca (1) 12:15-12:45pm TRX Stability/ Core w/Chad (2-4)	9:30-10:30 am On-Screen Cycle (2-3)	9:30-10:30am Stable, Steady & Strong w/Janea (1) 11:30-12:30am Liquid Magic w/ Rebecca (1) 12:15-12:45pm TRX Class led (2-4)	10:00- 11:00am Aqua Aerobics w/ Linda (1) 10:30- 11:30am Stable, Steady & Strong W/ Brenna (1-2)		Pool
8:00 AM			Education Room				
8:15 AM			Cardio/Strength Floor				
9:30 AM			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				
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM	We have a great Nutrition Program! Optimize 365, Sign up today!						
11:45 AM							
12:00 PM	Sunday	2:00- 3:00pm STRONG with Jill (4-5)	4:15-5:00pm Induro cycle w/ Jill (3-5)	4:15-5:10pm Beginner/LOW Impact STRONG w/Jill (2-4) 5:00-5:25pm Induro Cycle w/ Jill (3-5) 5:35-6:30pm STRONG w/ Jill (4-5) 5:30-6:00 pm Foam Rolling w/ Lynne (1-2)	5:15-6:00pm BOSU HIIT w/ Jill (3-4) 5:30-6:15pm Strength/Flexibility YOGA w/ Tara (1-2)	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!	
12:15 PM							
12:30 PM							
12:45 PM							
1:00 AM							
1:30 PM							
1:45 PM							
2:00 PM							
3:15 PM							
3:30 PM							
3:45 PM	PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR						
4:00 PM							
4:15 PM							
4:45 PM							
5:00 PM							
5:15 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						
5:30 PM							
5:45 PM							
6:00 PM							
6:30 PM							
6:45 PM							
7:00 PM							