



GROUP EXERCISE SCHEDULE

*July 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)	5:30-6:00 am TRX w/ Lynne (3-5)		Group Ex Room
5:15 AM			BHS Track				
5:30 AM	5:45am-6:30am Cycle Circuits w/ Lynne (2-4)	5:30-6:30am Track Class w/ Cathy (3-4)	5:30-6:30 am Kickboxing 50/50 w/ Amber(4-5)	5:30-6:30am Track Class w/ Cathy (3-4)	6:00-6:30 am Induro Cycle w/ Chad (2-4)		Gym
5:45 AM				Racquetball Court			
6:00 AM				8:00-8:30am Induro Cycle w/ Jill or Cathy (2-4)			Cycle Theater
6:15 AM				Pool			
8:00 AM			9:30-10:30 am On-Screen Cycle (2-3)	8:30-9:00am Abs/Stretch w/ Jill or Weights w/ Cathy			Education Room
8:15 AM				Cardio/Strength Floor			
9:30 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)	9:30-10:30 am Stable, Steady & Strong w/Janea (1)	10:00-11:00 Aqua Aerobics w/ Linda (1)	9:30-10:30am Stable, Steady & Strong w/Janea (1)	10:00- 11:00am Aqua Aerobics w/ Linda (1)		NEW** CLASS LEVEL SCALE
9:45 AM							
10:00 AM		10:30-11:20am Aqua Zumba w/Jill (3-4)			10:30- 11:30am Stable, Steady & Strong W/ Brenna (1-2)		2=Low impact / moderate intensity
10:15 AM							3= Moderate
10:30 AM		11:30-12:30 am Liquid Magic w/ Rebecca (1)		11:30-12:30am Liquid Magic w/ Rebecca (1)			4= Mod-High intensity and/or impact
10:45 AM							5 = High Impact and Intensity
11:00 AM	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)	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)	11:40-12:30 Induro Cycle w/ Amber Come & Go		CLOSED July 3rd at 9am- July 5th at 4pm For Maintenance
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
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							
4:00 PM							
4:15 PM	4:15-5:00pm Induro cycle w/ Jill (3-5)	4:15-5:10pm Beginner/LOW Impact STRONG w/Jill (2-4)	4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	5:00-5:25pm Induro Cycle w/ Jill (3-5)			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!
4:45 PM							
5:00 PM	5:15-6:10pm Bar Lift (Low Impact)w/ Jill (3-4)	5:30-6:00pm Mat Pilates w/Tara (2-3)	5:35-6:30pm STRONG w/ Jill (4-5)	5:35-6:30pm STRONG w/ Jill (4-5)			
5:15 PM							
5:30 PM	5:30-6:15pm Strength/Flexibility 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 Strength/Flex -ibility YOGA w/ Tara (1-2)			
5:45 PM							
6:00 PM			6:30-7:30pm Liquid Magic w/ Rebecca (1)				
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