

GROUP EXERCISE SCHEDULE

*September 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
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)	8:00-8:30 Step it Up!			
5:15 AM			5:30-6:30 am Kickboxing 50/50 11th&25th or Cycle 4th & 18th w/ Amber(4-5)				5:30-6:30am Track Class w/ Cathy (3-4)	6:00-6:30 am Cycle w/ Chad (2-4)	
5:30 AM			5:45-6:30am Cycle w/ Weights w/ Lynne(3-5)				9:30-10:30 am On-Screen Cycle (2-3)	8:30-8:45 Dumbbell Lift w/ Lynne (3-5)	
5:45 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			
6:00 AM							10:30-11:20am Aqua Zumba w/Jill (3-4)	11:30-12:30am Liquid Magic w/ Rebecca (1)	10:30- 11:30am Stable, Steady & Strong W/ Brenna (1-2)
6:15 AM							11:30-12:30 am Liquid Magic w/ Rebecca (1)	12:15-12:45pm TRX Stability/ Core w/Chad (2-4)	11:30-12:30am Liquid Magic w/ Rebecca (1)
8:00 AM	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)	12:15-12:45pm Core W/ Chad (3)	1:30-2:30 pm Stable, Steady & Strong w/ Brenna (1-2)	12:15-12:45pm TRX Class led (2-4)	3:00- 4:00pm STRONG with Jill (4-5)	Get ready for Back to School- Back to the Classroom Challenge			
8:15 AM							4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	5:00-5:25pm PSOAS/Spine Stretch w/ Jill (2-3)	4:15-4:45pm Cycle w/Jill (3-5)
9:30 AM							4:15-5:10pm Beginner/LOW Impact STRONG w/Jill (2-4)	5:15-6:15pm Liquid Magic w/ Rebecca (1)	4:50-5:20pm PSOAS/Spine Stretch w/Jill (2-3)
9:45 AM	5:30-6:00pm Cycle for Endurance w/Chad (3-5)	5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:35-6:30pm Dumbbell Lift (Low Impact) w/ Jill (3-5)	5:30-6:30pm STRONG(Low or High)w/Jill (3-5)	5:30-6:15pm Restorative 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!			
10:00 AM							5:30-6:15pm Strength/Flexibility YOGA w/ Tara (1-2)	5:30-6:15pm Cycle w/Lynne (3-5)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)
10:15 AM							5:30-6:30 pm Aqua Zumba w/ Jill (3-4)	5:30-6:15pm Cycle w/Lynne (3-5)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)
10:30 AM	Sunday	5:30-6:30 pm Aqua Zumba w/ Jill (3-4)	5:30-6:15pm Cycle w/Lynne (3-5)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)	PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR			
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2:00 PM							5:30-6:30 pm Aqua Zumba w/ Jill (3-4)	5:30-6:15pm Cycle w/Lynne (3-5)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)
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6:45 PM	Fit Crew WOD's Schedule Monday-Friday 5:15am/6:15am/8:15am/4:45pm/Sat 8:15am								

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

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