



GROUP EXERCISE SCHEDULE *NOVEMBER 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Class Location Key*	
5:00 AM							Group Ex Room	
5:15 AM	5:00-6:00 am Espresso w/ Cathy (3-4)		5:00-6:00 am Espresso w/ Cathy (3-4)				BHS Track	
5:30 AM		5:30-6:30 am Warrior Blast W/Amber (4-5)	5:30-6:30 am 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)		Gym	
5:45 AM	5:30-6:30am Kickboxing w/Amber(4-5)						Racquetball Court	
6:00 AM		5:30-6:30am Cycle w/ Cathy (3-4)			5:30-6:30am Aqua Power Fitness w/ Cathy (3-4)	6:00-6:30 am Cycle w/ Chad (2-4)		Cycle Theater
6:15 AM							Pool	
8:00 AM	5:45-6:30am Cycle w/ Weights w/ Lynne(3-5)					8:00-8:30 Step it Up! 8:30-8:45 Dumbbell Lift w/ Lynne (3-5)	Education Room	
8:15 AM							Cardio/Strength Floor	
9:30 AM			9:30-10:30 am On-Screen Cycle (2-3)				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		9:30-10:30 am Stable, Steady & Strong w/Janea (1)						
10:00 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)				10:00-11:00am Aqua Aerobics w/ Linda (1)			
10:15 AM			10:00-11:00 Aqua Aerobics w/ Linda (1)	9:30-10:30am Stable, Steady & Strong w/Janea (1)		10:30-11:30am Stable, Steady & Strong W/ Brenna (1-2)		
10:30 AM		10:30-11:20am Aqua Zumba w/Jill (3-4)						
10:45 AM								
11:00 AM		11:30-12:30 am Liquid Magic w/ Rebecca (1)		11:30-12:30am Liquid Magic w/ Rebecca (1)				
11:15 AM								
11:30 AM								
11:45 AM								
12:00 PM								
12:15 PM	12:10-12:45pm PSOAS/SPINE Body Treatment-Stretch	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)				ARE YOU READY FOR SLEIGH THE GAIN? Weigh in Nov 18-22th	
1:45 PM								
2:00 PM								
3:15 PM								
3:30 PM								
4:00 PM								
4:15 PM			4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)					
4:45 PM	4:15-5:00pm Cycle w/ Jill (3-5)			4:15-4:45pm Cycle w/Jill (3-5)		3:00-4:00pm STRONG with Jill (4-5)	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! PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR	
5:00 PM	5:15-6:10pm Bar Lift (Low Impact)w/ Jill (3-4)	4:15-5:10pm BOSU HIIT (BalanceTrainer) w/Jill (3-4)	5:05-5:30pm PSOAS/Spine Stretch w/ Jill (2-3)	4:50-5:05pm BACK/BLADDER 5:05-5:30 NECK/SHOULDER				
5:15 PM		5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:15-6:15pm Liquid Magic w/ Rebecca (1)	Body Treatment-Stretch w/Jill (2-3)				
5:30 PM	5:30-6:15pm Total Body YOGA w/ Tara (1-2)	5:30-6:30 pm Aqua Zumba w/ Jill (3-4)	5:35-6:30pm Dumbbell Lift (Low Impact) w/ Jill (3-5)	5:30-6:00pm PSOAS SPINE Body Treatment w/Jill (2)				
5:45 PM			5:30-6:15pm Cycle w/Lynne (3-5)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)				
6:00 PM								
6:30 PM								
6:45 PM								
Fit Crew WOD's Schedule Monday-Friday 5:15am/6:15am/8:15am/4:45pm/Sat 8:15am USE THE APP! PLEASE BOOK CLASSES FOR THE WHOLE WEEK OR MORE SO YOUR INSTRUCTOR CAN PREPARE FOR YOU AND IF CLASS CANCELS YOU WILL GET NOTIFIED!								

Sunday

ARE YOU READY FOR SLEIGH THE GAIN? Weigh in Nov 18-22th

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