

GROUP EXERCISE SCHEDULE

*JANUARY 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Class Location Key*
5:00 AM	5:00-6:00 am Espresso w/ Cathy (3-4)	5:30-6:30 am Total Conditioning W/Amber (4-5)	5:00-6:00 am Espresso w/ Cathy (3-4)	5:30-6:30 am WarriorBlast W/Amber (4-5)	5:30-6:00 am TRX w/ Lynne (3-5)	8:00-8:45 Mix it Up! (See app) w/ Lynne (3-5)	Group Ex Room
5:15 AM			BHS Track				
5:30 AM			Gym				
5:45 AM	5:30-6:30am Kickboxing w/Amber(4-5)	5:30-6:30am Cycle w/ Cathy (3-4)	5:30-6:30am Cycle w/ Amber(4-5)	5:30-6:30am Aqua Power Fitness w/ Cathy (3-4)	10:00-11:00am Aqua Aerobics w/ Linda (1)	10:00-11:00am Aqua Aerobics w/ Linda (1)	Racquetball Court
6:00 AM				Cycle Theater			
6:15 AM	5:45-6:30am Cycle w/ Weights w/ Lynne(3-5)	9:30-10:30 am Stable, Steady & Strong w/Janea (1)	9:30-10:30 am On-Screen Cycle (2-3)	9:30-10:30am Stable, Steady & Strong w/Janea (1)	10:30-11:20am Aqua Zumba w/Jill (3-4)	11:30-12:30am Liquid Magic w/ Rebecca (1)	Pool
8:00 AM							Education Room
8:15 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)	11:30-12:30 am Liquid Magic w/ Rebecca (1)	10:00-11:00 Aqua Aerobics w/ Linda (1)	12:15-12:45pm TRX Class led (2-4)	11:30-12:30am Liquid Magic w/ Rebecca (1)	12:15-12:45pm TRX Class led (2-4)	Cardio/Strength Floor
8:45 AM							NEW** CLASS LEVEL SCALE
9:30 AM	12:10-12:45pm PSOAS/SPINE Body Treatment-Stretch	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)	1:30-2:30 pm Stable, Steady & Strong w/ Brenna (1-2)	4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	4:15-4:45pm Cycle w/Jill (3-5)	3:00-4:00pm STRONG with Jill (4-5)	1= Very low impact and/or intensity
9:45 AM							2=Low impact / moderate intensity
10:00 AM	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)	4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	4:50-5:10pm Digestive Core Health	5:15-5:45 PSOAS SPINE Body Treatment-Stretch w/Jill (2-3)	5:30-6:15pm Total Body YOGA w/ Tara (1-2)	3= Moderate
10:15 AM							4= Mod-High intensity and/or impact
10:30 AM	5:15-6:10pm Bar Lift (Low Impact)w/ Jill (3-4)	5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:05-5:30pm Weight Loss Body treatment Stretch w/Jill(2)	5:15-6:15pm Liquid Magic w/ Rebecca (1)	5:35-6:30pm Dumbbell Lift (Low Impact) w/ Jill (3-5)	5:30-6:15pm Aqua Zumba w/ Jill (3-4)	5 = High Impact and Intensity
10:45 AM							SIGN UP FOR OUR CHALLENGE AND TRIATHLON
11:00 AM	5:30-6:15pm Total Body YOGA w/ Tara (1-2)	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)	5:45-6:15pm BOSU HIIT w/Jill (3-5)	5:30-6:15pm Total Body 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! PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR
11:15 AM							
11:30 AM	Sunday						
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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!