GROUP EXERCISE SCHEDULE
FEBRUARY 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	5:00-6:00 am Espresso w/ Cathy (3-4)		5:00-6:00 am Espresso w/ Cathy (3-4)			
5:15 AM		5:30-6:30 am Total Conditioning W/Amber (4-5)	5:30-6:30 am Cycle w/ Amber(4-5)	5:30-6:30 am WarriorBlast W/Amber (4-5)	5:30-6:00 am TRX w/ Lynne (3-5)	
5:30 AM						
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 Aqua Power Fitness w/ Cathy (3-4)		
6:00 AM						
6:15 AM						
8:00 AM	5:45-6:30am Cycle w/ Weights w/ Lynne(3-5)					8:00-8:45 Mix it Up! (See app) w/ Lynne (3-5)
8:15 AM						
9:30 AM			9:30-10:30 am On-Screen Cycle (2-3)			
9:45 AM		9:30-10:30 am Stable, Steady & Strong w/Janea (1)		9:30-10:30am Stable, Steady & Strong w/Janea (1)		
10:00 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)		10:00-11:00 Aqua Aerobics w/ Linda (1)	10:30-11:20am Aqua Zumba w/Jill (3-4)	10:00-11:00am Aqua Aerobics w/	
10:15 AM					10:30-11:30am Stable, Steady & Strong W/	
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM		11:30-12:30 am Liquid Magic w/ Rebecca (1)		11:30-12:30am Liquid Magic w/ Rebecca (1)		
11:45 AM						
12:00 PM	12:10-12:40pm PSOAS/SPINE Body Treatment-Stretch W/ Jill			12:15-12:45pm TRX Class led (2-4)		
12:15 PM						
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)			
1:45 PM						
2:00 PM						
3:15 PM						*Sunday*
4:00 PM			4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)			3:00-4:00pm STRONG with Jill (4-5)
4:15 PM	4:15-5:00pm Cycle w/ Jill (3-5)			4:15-4:45pm Cycle w/Jill (3-5)		
4:45 PM		4:15-5:10pm BOSU HIIT (BalanceTrainer) w/Jill (3-4)	5:05-5:30pm Weight Loss Body treatment Stretch w/Jill(2)	4:50-5:10pm Digestive Core Health 5:15-5:45 PSOAS SPINE Body Treatment-Stretch w/Jill (2-3)		
5:00 PM	5:15-6:10pm Bar Lift (Low Impact)w/ Jill (3-4)					
5:15 PM		5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:15-6:15pm Liquid Magic w/ Rebecca (1)			
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)	5:45-6:15pm BOSU HIIT w/Jill (3-5)		
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						
6:45 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!					
7:00 PM						

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

SIGN UP FOR OUR TRIATHLON

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**