

GROUP EXERCISE SCHEDULE MARCH 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 Lower Blast W/Amber (4-5)	5:00-6:00 am Espresso 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			Gym				
5:45 AM	5:30-6:30am Upper Blast w/Amber(4-5)	5:30-6:30am Cycle w/ Cathy (3-4)		5:30-6:30am Aqua Power Fitness w/ Cathy (3-4)			Racquetball Court
6:00 AM							Cycle Theater
6:15 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)	Pool
8:00 AM							Education Room
8:15 AM							Cardio/Strength Floor
9:30 AM		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)			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							
10:00 AM			10:00-11:00 Aqua Aerobics w/ Linda (1)				
10:15 AM	10am-12pm STEPPING ON Preregistration required	11:30-12:30 am Liquid Magic w/ Rebecca (1)		11:30-12:30am Liquid Magic w/ Rebecca (1)			
10:30 AM							
10:45 AM	12:10-12:40pm PSOAS/SPINE Body Treatment-Stretch W/ Jill			12:15-12:45pm TRX Class led (2-4)			
11:00 AM							
11:15 AM							
11:30 AM	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)	1:30-3:30pm STEPPING ON Preregistration required	1:30-2:30 pm Stable, Steady & Strong w/ Brenna (1-2)				
11:45 AM							
12:00 PM							
12:15 PM	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)			3:00-4:00pm Senior Balance & Fun w/Jill (1-2)			
12:30 PM							
12:45 PM							
1:00 AM	4:15-5:00pm Cycle w/ Jill (3-5)	4:15-5:10pm Barre, Balance Bootcamp w/Jill (3-4)	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)	
1:30 PM			5:05-5:30pm PSOAS/ SPINEBody treatment Stretch w/Jill(2)				4:50-5:10pm Core Challenge 5:15-5:45 PSOAS / Spine Body Treatment-Stretch w/Jill (2-3)
1:45 PM			5:30-6:00pm Insanity Live! w/ Lynne (3-5)				
2:00 PM	5:15-6:10pm Bar Lift (Low Impact)w/ Jill (3-4)	5:30-6:30 pm Aqua Zumba w/ Jill (3-4)	5:35-6:20pm Dumbbell Lift (Low Impact) w/ Jill (3-5)	5:45-6:15pm Beginner Strong 30 Min w/Jill (3-5)			
3:15 PM			5:30-6:15pm Cycle w/Lynne (3-5)				5:30-6:15pm Restorative YOGA w/ Tara (1-2)
3:30 PM			5:30-6:15pm YOGA for Strength & Flexibility w/ Tara (1-2)				
3:45 PM						Sunday	
4:00 PM							
4:15 PM							
4:30 PM	5:30-6:15pm YOGA for Strength & Flexibility w/ Tara (1-2)						
4:45 PM							
5:00 PM							
5:15 PM	5:30-6:15pm YOGA for Strength & Flexibility w/ Tara (1-2)						
5:30 PM							
5:45 PM							
6:00 PM	5:30-6:15pm YOGA for Strength & Flexibility w/ Tara (1-2)						
6:15 PM							
6:30 PM							
6:45 PM	5:30-6:15pm YOGA for Strength & Flexibility w/ Tara (1-2)						
6:00 PM							
6:30 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!

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