

GROUP SOCIAL DISTANCING SCHEDULE MARCH 30-??? 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM	5:00-6:00 am Track Workout w/ Cathy (3-4)		5:00-6:00 am Track Workout w/ Cathy (3-4)				<p>DURING SOCIAL DISTANCING WE WANT TO KEEP YOU MOVING. PLEASE REACH OUT TO OUR INSTRUCTORS TO BE ADDED TO THEIR PRIVATE FB GROUPS. CLASSES ARE ON FACEBOOK LIVE OR ZOOM AT THESE TIMES</p>
5:15 AM							
5:30 AM							
5:45 AM	5:30-6:30am Kickboxing w/Amber(4-5)	5:30-6:30am Track Workout w/ Cathy (3-4)	5:30-6:30am Total Conditioning w/Amber	5:30-6:30am Track Workout w/ Cathy (3-4)			
6:00 AM							
6:15 AM							
8:00 AM	6:30-7am Max Reps 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 Stable, Steady & Strong w/Janea (1) On public access		9:30-10:30am Stable, Steady & Strong w/Janea on Public Access			
9:45 AM							
10:00 AM							
10:15 AM				10:30-11:20am Aqua Zumba w/Jill (3-4)			
10:30 AM					10:30- 11:30am Stable, Steady & Strong W/		
10:45 AM							
11:00 AM							
11:15 AM		11:30-12:30 am Liquid Magic w/ Rebecca (1)		11:30-12:30am Liquid Magic w/ Rebecca (1)			
11:30 AM							
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				3:00-4:00pm Senior Balance & Fun w/Jill (1-2)			
3:15 PM						Sunday	
3:30 PM							
4:00 PM							
4:15 PM	4:15-5:00pm Abs or Pilates w/ Jill (3-5)		4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	4:15-4:45pm Cardio Fit Challenge w/Jill (3-5)			
4:45 PM			4:15-5:10pm Barre, Balance Bootcamp w/Jill (3-4)	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)	3:00- 4:00pm STRONG with Jill (4-5)	
5:00 PM	5:15-6:10pm Bar Lift (Low Impact)w/ Jill (3-4)	5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:15-6:15pm Liquid Magic w/ Rebecca (1)	5:45-6:15pm Beginner Strong 30 Min w/Jill (3-5)			
5:15 PM							
5:30 PM	5:30-6:15pm YOGA for Strength & Flexibility w/ Tara (1-2)	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 PM			5:30-6:00pm Mix it up! w/Lynne (3-5)	5:30-6:15pm Restorative YOGA w/ Tara (1-2)			
6:00 PM							
6:30 PM							
6:45 PM							
<p>MEMBERS AND NON MEMBERS AT THIS TIME CAN UTILIZE OUR LIVE CLASSES ONLINE! EVERYONE CAN DOWLOAD OUR APP FOR FREE TO SEE UP TO THE DATE SCHEDULE</p>							<p>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</p>