

# GROUP EXERCISE SCHEDULE June 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Class Location Key*				
5:00 AM	5:00-6:00 am Track Class w/ Cathy (3-4)	5:30-6:30 am Warrior Blast w/Amber (4-5)	5:00-6:00 am Track Class w/ Cathy (3-4)	5:30-6:30am Cycle Max w/ Lynne (3-5)			Group Ex Room				
5:25 AM			BHS Track								
5:30 AM			Gym								
5:45 AM			Racquetball Center								
6:00 AM			Cycle Theater								
6:15 AM	Pool										
6:30 AM	Education Room										
6:45 AM	Cardio Strength Floor										
7:00 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)	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)	10:00- 11:00am Aqua Aerobics w/ Linda (1)	8:00-8:45 Insanity Live! w/ Lynne (3-5)	NEW** CLASS LEVEL SCALE				
9:30 AM			1- Very low impact and/or intensity								
9:45 AM			2- Low impact / moderate intensity								
10:00 AM			3- Moderate								
10:15 AM			4- Med. High intensity and/or impact								
10:30 AM			5- High Impact and intensity								
10:45 AM			Many Classes are both online in person. For those staying at home. Pool hopes to open June 8th								
11:00 AM			3:00- 4:00pm STRONG with Jill (4-5)	4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)			1:30-2:30 pm Stable, Steady & Strong w/ Brenna (1-2)	11:30-12:30am Liquid Magic w/ Rebecca (1)	10:30-11:20am Aqua Zumba w/Jill (3-4)	10:30- 11:30am Stable, Steady & Strong CLASS IFD	Sunday
11:15 AM											8:00- 8:30am VIRTUAL Rise & Shine Yoga Relief w/ Tara
11:30 AM											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 you enroll in the class so you get updates and don't show up to a cancelled class!
11:45 AM	PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR										
12:00 PM											
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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!