

# GROUP EXERCISE SCHEDULE

## August 2020

| Time     | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | *Class Location Key*  |                                     |
|----------|--|--|---|---|---|--|---|-------------------------------------|
| 5:00 AM  | <b>5:00-6:00 am<br/>Track Class w/<br/>Cathy (3-4)</b>   |  | <b>5:00-6:00 am<br/>Track Class w/<br/>Cathy (3-4)</b>                      | <b>5:30-6:30am<br/>Cycle Max w/<br/>Lynne (3-5)</b>                     |   |  | Group Ex Room   |                                     |
| 5:15 AM  |  |  |   |   |   |  | BHS Track   |                                     |
| 5:30 AM  |  |  | <b>5:30-6:30 am<br/>Warrior Blast<br/>w/Amber (4-5)</b>                     | <b>5:30-6:30 am<br/>Cycle<br/>w/ Amber(4-5)</b>                         | <b>5:30-6:30 am<br/>Instructor Choice<br/>w/Amber (4-5)</b>                     | <b>5:30-6:00am<br/>TRX<br/>w/ Lynne<br/>(3-5)</b>                          |   | Gym                                 |
| 5:45 AM  | <b>5:30-6:30am<br/>Cycle Max<br/>w/ Lynne (3-5)</b>  | <b>5:30-6:30am<br/>Track Class w/<br/>Cathy (3-4)</b>                    |   | <b>5:30-6:30am<br/>Track Class w/<br/>Cathy (3-4)</b>                   |   |  | Racquetball Court   |                                     |
| 6:00 AM  |  |  |   |   |   |  | Cycle Theater   |                                     |
| 6:15 AM  |  |  |   |   |   |  | Pool  |                                     |
| 8:00 AM  |  |  |   |   |   | <b>8:00-8:45<br/>MiX It Up!<br/>Look on<br/>app<br/>w/ Lynne<br/>(3-5)</b> | Education Room  |                                     |
| 8:15 AM  |  |  |   |   |   |  | Cardio/Strength Floor   |                                     |
| 9:30 AM  |  |  | <b>9:30-10:30 am<br/>On-Screen Cycle<br/>(2-3)</b>                          | <b>9:30-10:30am<br/>Stable, Steady &amp;<br/>Strong w/Janea<br/>(1)</b> | <b>10:00-<br/>11:00am<br/>Aqua<br/>Aerobics w/<br/>Linda (1)</b>                |  |   | NEW** CLASS LEVEL SCALE             |
| 9:45 AM  |  | <b>9:30-10:30 am<br/>Stable, Steady &amp;<br/>Strong w/Janea<br/>(1)</b> |   |   |   |  |   | 1= Very low impact and/or intensity |
| 10:00 AM | <b>10:00-11:00 Aqua<br/>Aerobics w/ Linda<br/>(1)</b>  |  | <b>10:00-11:00<br/>Aqua Aerobics<br/>w/ Linda (1)</b>                       | <b>10:30-11:20am<br/>Aqua Zumba<br/>w/Jill (3-4)</b>                    | <b>10:30-<br/>11:30am<br/>Stable,<br/>Steady &amp;<br/>Strong w/<br/>Brenna</b> |  |   | 2=Low impact / moderate intensity   |
| 10:15 AM |  |  |   |   |   |  |   | 3= Moderate                         |
| 10:30 AM |  |  |   |   |   |  |   | 4= Mod-High intensity and/or impact |
| 10:45 AM |  |  |   |   |   |  |   | 5 = High Impact and Intensity       |
| 11:00 AM |  |  |   |   |   | <i>Sunday</i>  |   |                                     |
| 11:15 AM |  |  |   |   |   |  |   |                                     |
| 11:30 AM |  | <b>11:30-12:30 am<br/>Liquid Magic w/<br/>Rebecca (1)</b>                |   | <b>11:30-12:30am<br/>Liquid Magic w/<br/>Rebecca (1)</b>                |   |  |   |                                     |
| 11:45 AM |  |  |   |   |   |  |   |                                     |
| 12:00 PM |  |  |   |   |   |  |   |                                     |
| 12:15 PM |  |  |   |   |   |  |   |                                     |
| 12:30 PM |  |  |   |   |   |  |   |                                     |
| 12:45 PM |  |  |   |   |   |  |   |                                     |
| 1:00 AM  |  |  |   |   |   |  |   |                                     |
| 1:30 PM  | <b>1:30-2:30 pm<br/>Stable, Steady &amp;<br/>Strong<br/>w/Brenna (1-2)</b>   |  | <b>1:30-2:30 pm<br/>Stable, Steady &amp;<br/>Strong<br/>w/ Brenna (1-2)</b> |   |   |  |   |                                     |
| 1:45 PM  |  |  |   |   |   |  |   |                                     |
| 2:00 PM  |  |  |   |   |   |  |   |                                     |
| 3:15 PM  |  |  |   |   |   |  |   |                                     |
| 3:30 PM  |  |  |   |   |   |  |   |                                     |
| 4:00 PM  |  |  |   |   |   |  |   |                                     |
| 4:15 PM  | <b>4:15-5:00pm<br/>Cycle w/ Jill (3-5)</b>   |  | <b>4:15-5:00pm<br/>Zumba/Zumba<br/>Gold w/ Jill<br/>(2-3)</b>               | <b>4:15-5:00pm Cycle<br/>w/Jill (3-5)</b>                               |   | <b>3:00-<br/>4:00pm<br/>STRONG<br/>with Jill<br/>(4-5)</b>                 | <b>Classes CAN<br/>change!<br/>Download the<br/>NCK Wellness<br/>App to BOOK a<br/>class or see<br/>descriptions.<br/>Log in with the e-<br/>mail address you<br/>gave us and<br/>enroll in the class<br/>so you get<br/>updates and<br/>don't show up to<br/>a cancelled class!<br/><b>PLEASE<br/>BOOK ALL<br/>CLASSES ON<br/>YOUR APP<br/>PRIOR</b></b> |                                     |
| 4:45 PM  |  |  |   |   |   |  |   |                                     |
| 5:00 PM  | <b>5:15-6:10pm<br/>Bar Lift (Low<br/>Impact)w/ Jill<br/>(3-4)</b>  |  |   |   |   |  |   |                                     |
| 5:15 PM  |  | <b>5:05-5:35pm<br/>PSOAS/ Spine<br/>Body Treatment<br/>w/ Jill(2-3)</b>  | <b>5:15-5:50pm<br/>8 week LIFT<br/>w/ Jill (3-5)</b>                        | <b>5:15-5:45<br/>PSOAS / Spine<br/>Body Treatment<br/>w/Jill (2-3)</b>  |   |  |   |                                     |
| 5:30 PM  | <b>5:30-6:15pm<br/>YOGA Total Body w/<br/>Tara</b>   | <b>5:30-6:00pm<br/>Insanity Live! w/<br/>Lynne (3-5)</b>                 |   | <b>5:45-6:15pm<br/>Beginner Strong<br/>30 Min w/Jill<br/>(3-5)</b>      |   |  |   |                                     |
| 5:45 PM  |  | <b>5:35-6:30 pm<br/>Aqua Zumba w/<br/>Jill (3-4)</b>                     | <b>6:30-7:30pm<br/>Liquid Magic w/<br/>Rebecca (1)</b>                      | <b>5:30-6:15pm<br/>Restorative YOGA<br/>w/ Tara</b>                     |   |  |   |                                     |
| 6:00 PM  | Fit Crew WOD's Schedule Monday-Friday 5:15am/6:15am/8:15am/4:45pm/Sat 8:15am   |  |   |   |   |  |   |                                     |
| 6:30 PM  | 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! |  |   |   |   |  |   |                                     |
| 6:45 PM  |  |  |   |   |   |  |   |                                     |