

GROUP EXERCISE SCHEDULE

September 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)	5:15-6:15 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)	5:30-6:00am TRX w/ Lynne (3-5)		Group Ex Room
5:15 AM			BHS Track				
5:30 AM			Gym				
5:45 AM	5:30-6:30am Cycle Max w/ Lynne (3-5)	5:30-6:30am Track Class w/ Cathy (3-4)		5:30-6:30am Track Class w/ Cathy (3-4)			Racquetball Court
6:00 AM							Cycle Theater
6:15 AM	7:00-9:00am Pickleball (Come & Go) w/Lori			7:00-9:00am Pickleball w/Lori (Come & Go)		8:00-8:45 MiX It Up! Look on app w/ Lynne (3-5)	Pool
8:00 AM							Education Room
8:15 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)	10:00- 11:00am Aqua Aerobics w/ Linda (1)		Cardio/Strength Floor
9:30 AM							
9:45 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)			NEW** CLASS LEVEL SCALE
10:00 AM							
10:15 AM		11:30-12:30 am Liquid Magic w/ Rebecca (1)	11:00am- 1:00pm Pickleball (Come & Go) w/Lori	11:30-12:30am Liquid Magic w/ Rebecca (1)		Sunday	1= Very low impact and/or intensity
10:30 AM							
10:45 AM							2=Low impact / moderate intensity
11:00 AM							
11:15 AM							3= Moderate
11:30 AM							
11:45 AM	1:30-2:30 pm Stable, Steady & Strong w/Brenna (1-2)		1:30-2:30 pm Stable, Steady & Strong w/ Brenna (1-2)				4= Mod-High intensity and/or impact
12:00 PM							
12:15 PM							5 = High Impact and Intensity
12:30 PM							
12:45 PM							Pickleball with Lori will begin Sep 14! See flyer for details
1:00 PM							
1:30 PM							
1:45 PM							
2:00 PM	4:15-5:00pm Cycle w/ Jill (3-5)	4:00-6:00pm Pickleball (Come & Go) w/Lori	4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	4:15-5:10pm Barre /BOSU w/Jill (3-5)		3:00- 4:00pm STRONG with Jill (4-5)	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!
3:15 PM							
3:40 PM	5:15-6:10pm Lift + Kickbox w/ Jill (3-4)	5:05-5:35pm PSOAS/ Spine Body Treatment w/ Jill(2-3)	5:15-6:00pm Lift w/ Jill (3-5)	5:15-5:45 PSOAS / Spine Body Treatment w/Jill (2-3)			PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR
4:00 PM							
4:15 PM	5:30-6:30pm Cycle + Weights w/ Amber (3-5)	5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:30-6:30pm Liquid Magic w/ Rebecca	5:45-6:15pm Strong w/Jill (3-5)			
4:45 PM							
5:00 PM	5:30-6:15pm YOGA Total Body w/ Tara	5:35-6:30 pm Aqua Zumba w/ Jill (3-4)	5:00-7:00pm Pickleball (Come & Go) w/Lori	5:30-6:15pm Restorative YOGA w/ Tara			
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM	Fit Crew WOD's Schedule Monday-Friday 5:15am/6:15am/8:15am/4:45pm/Sat 8:15am						
6:30 PM							
6:45 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!