

GROUP EXERCISE SCHEDULE

January 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	*Class Location Key*	
5:00 AM	5:00-6:00am TNT (Tighten & Tone) w/ Cathy (3-5)	5:15-6:15 am Warrior Blast w/Amber (4-5)	5:00-6:00 am TNT 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				5:15-6:15am Cycle w/ Amber(4-5)			5:15-6:15 am Total Conditioning w/Amber (4-5)	BHS Track
5:30 AM			5:30-6:30am Cycle Circuits w/ Lynne (3-5)	5:30-6:30am Cycle w/ Weights w/ Cathy (3-4)				5:30-6:30am Aqua Power Fitness w/ Cathy (3-4)
5:45 AM				9:00-11:00am Pickleball w/Lori (Come & Go)			Racquetball Court	
6:00 AM				9:30-10:30am Stable, Steady & Strong w/Janea (1)			Cycle Theater	
6:15 AM							Pool	
8:00 AM						8:00-8:45 MiX It Up! Look on app w/ Lynne (3-5)	Education Room	
8:15 AM							Cardio/Strength Floor	
8:45 AM							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 Pickleball available free by appointment	
9:30 AM			9:30-10:30 am On-Screen Cycle (2-3)	10:00-11:00 Aqua Aerobics w/ Linda (1)				
9:45 AM		9:30-10:30 am Stable, Steady & Strong w/Janea (1)		10:30-11:20am Aqua Zumba w/Jill (3-4)				
10:00 AM	10:00-11:00 Aqua Aerobics w/ Linda (1)							
10:15 AM								
10:30 AM								
10:45 AM								
11:00 AM								
11:15 AM								
11:30 AM	11:00am-1:00pm Pickleball (Come & Go) w/Lori	11:30-12:30 am Liquid Magic w/ Rebecca (1)		11:30-12:30am Liquid Magic w/ Rebecca (1)				
11:45 AM								
12:00 PM								
12:15 PM								
12:30 PM								
12:45 PM								
1:00 PM								
1:30 PM	1:30-2:30 pm Stable, Steady & Strong w/Greg (1-2)		1:30-2:30 pm Stable, Steady & Strong w/ Jill (1-2)					
1:45 PM								
2:00 PM								
3:15 PM								
3:30 PM								
4:00 PM								
4:15 PM								
4:45 PM	4:15-5:00pm Cycle w/ Jill (3-5)		4:15-5:10pm Zumba/Zumba Gold w/ Jill (2-3)					
5:00 PM	5:10-6:10pm Bar Lift w/ Jill (3-4)	4:15-5:05pm Abs & Glutes/ Abs & Arms (alternate weeks) w/Jill (3-5)						
5:15 PM		5:20-6:10 pm Aqua Zumba w/ Jill (3-4)	5:30-6:00pm Cycle w/ Lynne (3-5)	5:15-5:40pm TRX Abs & Arms w/ Jill(3-5)				
5:30 PM	5:30-6:15pm YOGA for Stress Relief w/ Tara	5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:30-6:30pm Liquid Magic w/ Rebecca	5:40-6:20pm Strong w/ Jill (3-5)				
5:45 PM				5:30-6:15pm Restorative YOGA w/ Tara				
6:45 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!							

Sunday

2:30-3:30pm
Strong w/ Jill (3-5)

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!
PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR