

# GROUP EXERCISE SCHEDULE

## July 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)		5:00-6:00 am Track Class w/ Cathy (3-4)	5:30-6:30am Cycle Max w/ Lynne (3-5)			Group Ex Room
5:15 AM							BHS Track
5:30 AM			5:30-6:30 am Warrior Blast w/Amber (4-5)	5:30-6:30 am Cycle w/ Amber(4-5)	5:30-6:30 am Instructor Choice w/Amber (4-5)	5:30-6:00am TRX w/ Lynne (3-5)	
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							
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
9:30 AM			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)		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
9:45 AM		9:30-10:30 am Stable, Steady & Strong w/Janea (1)					
10:00 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)	10:30- 11:30am Stable, Steady & Strong w/ Brenna		
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM		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 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							
3:15 PM							
3:30 PM							
4:00 PM							
4:15 PM	4:15-5:00pm Cycle w/ Jill (3-5)		4:15-5:00pm Zumba/Zumba Gold w/ Jill (2-3)	4:15-5:00pm Cycle w/Jill (3-5)			
4:45 PM							
5:00 PM	5:15-6:10pm Bar Lift (Low Impact)w/ Jill (3-4)					3:00- 4:00pm STRONG with Jill (4-5)	
5:15 PM		5:05-5:35pm PSOAS/ Spine Body Treatment w/ Jill(2-3)		5:15-5:45 PSOAS / Spine Body Treatment w/Jill (2-3)			
5:30 PM	5:30-6:15pm YOGA for Strength & Flexibility w/ Tara	5:30-6:00pm Insanity Live! w/ Lynne (3-5)	5:30-6:15pm Cycle w/ Lynne (3-5)	5:45-6:15pm Beginner Strong 30 Min 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!	
5:45 PM			5:35-6:30 pm Aqua Zumba w/ Jill (3-4)	6:30-7:30pm Liquid Magic w/ Rebecca (1)	5:30-6:15pm Restorative YOGA w/ Tara		
6:00 PM						PLEASE BOOK ALL CLASSES ON YOUR APP PRIOR	
6:30 PM							
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!**