

Group Fitness Class Schedule July - September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 – 6:25 am Threshold Ride Julie		5:45 – 6:30 am Warrior Sculpt Robin		7 – 7:50 am Muscle Max - 50 Staff Rotation	
6 – 7 am Yoga Flow Beth		6 – 7 am Mor. Yoga Stretch Jeanne / Jim		6 – 7 am Stretch Yoga Flow Jim	8 – 8:45 am Boot Camp (\$) Cole M.	
	6:30 – 7 am Express Tone Julie	6 – 6:45 am Total Body Robin		6 – 6:45 am T . B . C Robin	8 – 9 am Sunrise Yoga Staff Rotation	
7 – 7:45 am Spinning John	7 – 8 am Yoga Flow Ann	7 – 7:45 am Spinning Julie	7 – 7:45 am Power Pilates Ann	7 – 7:45 am Tabata Sculpt Lexi	8 – 9 am Hiit the Road Staff Rotation	
8:15 – 9:00 am Dance Fitness Kay	8:15 – 9 am Final Cut Vicki	8:15 – 9 am Let it Go Hi/Lo Vicki	8:15 – 9:05 am Dynamic Duo - 50 Julie	8:15 – 9 am Low Impact Motion Julie	8 – 8:45 am Med Ball Blast Staff Rotation	
8:15 – 9 am Aqua Intervals Lynn	8:15 – 9 am Aqua Tone Sheri	8:15 – 9 am Aqua Intervals Bonnie	8:15 – 9 am Aqua Intervals Thea	8:15 – 9 am Sea Surprise Sheri	9:15 – 10 am Sea Surprise Bonnie	
8:15 – 9 am B . B . S Thea	8:15 – 9 am Walking&Stretch Thea				9:15 – 10:05 am Pilates Mat 101 Amanda	
9:15 – 10 am Aqua Cardio Blast Lynn	9:15 – 10 am Aqua Intervals Sheri	9:15 – 10 am Aqua Mix Kimberly	9:15 – 10 am Aqua Cardio Blast Bonnie	9:15 – 10 am Aqua Intervals Sheri	9:15 – 10:15 am 3--2--1-- Staff Rotation	
9:30 – 10:15 am Barre Lexi	9:15 – 10:15 am All Level Yoga Jim	9:30 – 10:15 am Barre / Pilates Gilda / Laureen	9:30 – 10:15 am Yoga Beth	9:15 – 10:15 am BodyWorks Denice	10:15 – 11 am Beg. Friendly Yoga Amanda	
9:30 – 10:25 am Triple Threat Julie	9:30 – 10:15 am Hiit the Road Vicki	9:30 – 10:15 am Threshold Ride Vicki	9:30 – 10:15 am Cycle 45 Julie	9:30 – 10:15 am Threshold Ride Lexi		
10:30 – 11:30 am Yogalates Julie	9:30 – 10:15 am Muscle Endurance Lexi	9:30 – 10:15 am 3--2--1-- Lexi	9:30 – 10:15 am Strength Condit Dede	9:30 – 10:30 am Kickboxing Julie		
10:30 – 11:15 am Low Impact Motion Vicki	10:25 – 11:10 am ZUMBA Gold Nori	10:30 – 11:30 am Yogalates Julie	10:25 – 11:10 am ZUMBA Gold Nori			
11:30 am-12:20 pm Stretch & Align 50 Vicki	10:30 – 11:15 am S . O . S Liz B.	10:30 – 11:15 am Senior Fitness & Fun Liz B.		10:30 – 11:15 am S . O . S Liz B.		
12:15 – 1 pm Aqua Intervals Bonnie	11:30 am-12:25 pm Fit,Function,Balance Cathy	11:30 am-12:20 pm Fit,Function,Balance Cathy	11:45 am -12:30 pm Chair Yoga Jim	11:30 am-12:20 pm Stretch & Align 50 Vicki	8 – 9 am Vinyasa Yoga Jeanne	
12:30 – 1:15 pm Chair Yoga Jim	12:30 – 1:00 pm Stretch & Flex 30 Cathy	12:15 – 1 pm Aqua Tone Bonnie		12:15 – 1 pm Aqua FLOW Sheri	8:15 – 9 am Aqua ZEN Lynn	
4:30 – 5:15 pm Tabata Sandy	4:30 – 5:15 pm Night Barre Stephanie	12:30 – 1:00 pm Stretch & Flex 30 Cathy			8:15 – 9:05 am Total Body - 50 Kim/ Michelle	
4:45 – 5:30 pm Pilates Denice	4:45 – 5:30 pm Arms & Abs Gilda	4:30 – 5:15 pm Muscle Endurance Gilda	4:45 – 5:30 pm Leg Day + Core Gilda	5:45 – 6:45 pm Yoga Flow & Nidra Jim	9:15 – 10 am Aqua Cardio Blast Lynn	
5:30 – 6:15 pm Boot Camp (\$) Will	5:15 – 6 pm Aqua Cardio Blast Lynn	5:30 – 6:15 pm Boot Camp (\$) Michael D.	5:15 – 6 pm Aqua Mix Bonnie		9:15 – 10:15 am Pilates Mat II Ann	
5:30 – 6:15 pm Strength Condit Vicki	5:30 – 6:30 pm Hatha Yoga Craig	5:45 – 6:35 pm F . I . T - 50 Michelle	5:45 – 6:30 pm Power Cycle Stephanie		9:30 – 10:30 am Zumba Leah	
6 – 7 pm Purifying Yoga Flow Amanda	5:45 – 6:30 pm Power Cycle Vicki	6 – 7 pm Vinyasa Yoga Amanda	6 – 7 pm All Level Yoga Jeanne		10:30 – 11:30 am Beg. Friendly Yoga Staff Rotation	
7:15 – 8 pm Restorative Yoga Amanda	6:30 – 7:30 pm Zumba Leah	6:30 – 7:30 pm Aqua FIT n' FLOW Bonnie	6:15 – 7 pm Sea Surprise Kimberly			

- Conference Room 2&3
- Aerobic Studio
- Spin Room
- Swim Pool
- Yard /TURF
- Conference Rooms 2 & 3

- First Friday of the month only
- NEW Class/Format/Instructor
- (\$) Specialty Paid Classes

For more info please visit our classes at <https://nchw.thememberspot.com/classes> .For more info call us at 847.618.3501

Class instructor and formats are subject to change without notice