

Group Fitness Class Schedule April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 - 6:30 am Master Swim (\$) Rod	6 - 7 am Mor. Yoga Stretch Jim	5:45 - 6:30 am Warrior Sculpt Robin	6 - 7 am Stretch Yoga Flow Jim	7 - 7:50 am Muscle Max - 50 Staff Rotation	8 - 9 am Vinyasa Yoga Jeanne
	5:45 - 6:25 am Threshold Ride Julie	6 - 6:45 am Total Body Robin		6 - 6:45 am T . B . C Robin	8 - 8:45 am Boot Camp (\$) Cole M.	8:15 - 9 am Aqua ZEN Lynn
7 - 7:45 am Spinning John	6:30 - 7 am Express Tone Julie	7 - 7:45 am Spinning Julie	7 - 7:45 am Power Pilates Ann	7 - 7:45 am Tabata Sculpt Lexi	8 - 9 am Sunrise Yoga Beth / Jim	8:15 - 9:05 am Total Body - 50 Kim/ Michelle
8:15 - 9:15 am Dance Fitness Kay	7 - 8 am Yoga Flow Ann	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 - 9 am Hiit the Road Staff Rotation	9:15 - 10 am Aqua Cardio Blast Lynn
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	8 - 8:45 am Med Ball Blast Staff Rotation	9:15 - 10:15 am Pilates Mat 101 Amanda
8:15 - 9 am B . B . S Thea	8:15 - 9 am Final Cut Vicki				9:15 - 10 am Sea Surprise Bonnie	9:15 - 10:05 am 3--2--1-- Staff Rotation
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 - 10:05 am Pilates Mat 101 Amanda	9:15 - 10:15 am Beg. Friendly Yoga Amanda
9:30 - 10:15 am Barre Lexi	8:15 - 9 am Walking&Stretch Thea	9:30 - 10:15 am Barre Gilda		9:15 - 10:15 am BodyWorks Denice	9:15 - 10:15 am 3--2--1-- Staff Rotation	10:15 - 11 am Beg. Friendly Yoga Amanda
9:30 - 10:25 am Triple Threat Julie	9:15 - 10:15 am All Level Yoga Jim	9:30 - 10:15 am Threshold Ride Vicki	9:30 - 10:15 am Mor. Yoga Stretch Beth	9:30 - 10:15 am Threshold Ride Lexi	10:15 - 11 am Beg. Friendly Yoga Amanda	
10:30 - 11:30 am Yogalates Julie	9:30 - 10:15 am Hiit the Road Vicki	9:30 - 10:15 am 3--2--1-- Lexi	9:30 - 10:15 am Cycle 45 Julie	9:30 - 10:30 am Kickboxing Julie		
10:30 - 11:15 am Low Impact Motion Vicki	9:30 - 10:15 am Muscle Endurance Lexi	10:30 - 11:30 am Yogalates Julie	9:30 - 10:15 am Strength Condit Lauren			
11:30 am-12:20 pm Stretch & Align 50 Vicki	10:25 - 11:10 am ZUMBA Gold Nori	10:30 - 11:15 am Senior Fitness & Fun Liz B.	10:25 - 11:10 am ZUMBA Gold Nori	10:30 - 11:15 am S . O . S Liz B.		
12:15 - 1 pm Aqua Intervals Bonnie	10:30 - 11:15 am S . O . S Liz B.	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		
12:30 - 1:15 pm Chair Yoga Jim	11:30 am-12:25 pm Fit,Function,Balance Cathy	12:15 - 1 pm Aqua Tone Bonnie		12:15 - 1 pm Aqua FLOW Sheri		
4:30 - 5:15 pm Tabata Sandy						
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		
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			
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			
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			
7:15 - 8 pm Restorative Yoga Amanda		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