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| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---|--|--|--|---|--|--|
| 5:30am |  Ryan- Rm 2 | |  Ryan- Rm 2 |  Karen-Rm 3 |  Allyson- Rm 2 | | CURRENT SCHEDULE AS OF 1/1/2015 |
| 6:30am | Total Freestyle Fitness Liz-Rm 3 | | Total Freestyle Fitness Liz-Rm 3 | | Total Freestyle Fitness Liz-Rm 3 *Starts 1/9* | | |
| 7:00am |  Laura-Rm 2 | | | | | | |
| 8:00am |  Beatrice- Rm 3 | Total Body Fitness Nathalie- Rm 3 |  Beatrice- Rm 3 |  Nathalie- Rm 3 |  Beatrice- Rm 3 |  Karen- Rm 3 | |
| 8:00am |  8:15am Michelle-Rm 2 | |  8:15am Michelle-Rm 2 | | |  8am Inst. Varies |  8:30am Instructor varies |
| 9:00am |  Susan S-Rm 3 | Low & Tone Susan B-Rm3 | | Low & Tone Susan B-Rm 3 | |  Ryan-Rm 3 | |
| 9:30am |  Michelle- Rm 2 |  Beatrice Room 2 |  Michelle-Rm 2 |  Beatrice- Rm 2 |  Amy-Rm 2 | | |
| 10:00am |  Heather- Rm 3 | Lifelong Fitness Susan B- Rm 3 |  Heather- Rm 3 | Lifelong Fitness Susan B- Rm 3 |  Angie Rm 3 |  JoJo- Rm 3 | |
| 12:00pm | Sculpt Susan B- Rm 3 |  Nathalie- Rm 3 | Sculpt Susan B- Rm 3 |  Heather- Rm 3 | Sculpt Susan B- Rm 3 | | |
| 5:00pm | |  Laura- Rm 3 (30min) |  5:15pm Heather- Rm 3 |  Karen- Rm 3 (30min) | | | |
| 5:30pm | |  Laura- Room 3 | |  Karen- Rm 3 | | | |
| 5:30pm |  Allyson- Rm 2 |  Ryan- Rm 2 |  Beatrice- Rm 2 |  Jerome-Rm 2 | | | |
| 5:30pm | | Cross Training (30min) Andrew- Rm 1 | | | Cross Training (30min) Andrew- Rm 1 | | |
| 6:00pm |  Vivi- Rm 3 (30min) | |  Heather- Rm 3 (30min) | | | | |
| 6:30pm |  Mike- Rm 3 |  Vivi- Rm 3 |  Angie- Rm 3 |  Dana- Rm 3 | | For more information regarding Group Fitness, please contact Melissa D'Itri at 624-2775 or Melissa.D'itri@nchmd.org Visit us at: www.nchmd.org/wellness | |
| 6:30pm | Cross Training (30min) Andrew- Rm 1 | | | | | | |
| 7:30pm |  Vivi-Rm 3 | | | | | | |

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|  | "Get Active, and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life with Group Active! " |
|  | "Discover New Heights with Group Blast®! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast This Way with Group Blast!" |
|  | "Redefine Your Self with Group Centergy. Grow longer, stronger and improve your stamina as you explore this 60-minute journey using yoga and Pilates fundamentals along with dynamic whole body movements. Uplifting music, group dynamics and supportive instructors will enable you to Center Your Energy. Discover Group Centergy!" |
|  | "Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak with Group Core®!" |
|  | "This gripping hour burns a ton of calories and builds total body strength! Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. From the boxing ring to the fighting cage, Group Kick combines cutting-edge moves with thrilling music. This electric experience is addictive! Bring It On with Group Kick!" |
|  | "Group Power® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!" |
|  | "Get your Ride On with Group Ride®! This huge calorie burner builds great-looking legs! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get the all the benefits of authentic interval training. Ride On!" |
|  | "Discover New Heights with Group Step®! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Step This Way with Group Step!" |
|  | A total body workout using resistance and cardio training. This class masterfully combines the components of R.I.P.P.E.D- Resistance, Intervals, Power, Plyometrics, and even online Diet suggestions. Along with driving, motivating music, participants will jam through R.I.P.P.E.D. with smiles, determination and strength. For all fitness levels! |
| Cross Training at Kinesis | An advanced class designed to cover a number of different fitness areas including Kinesis, Spinning, Plyometrics, Striking, and Core. With these high intensity movements performed in a circuit-training design, 30 minutes is plenty of time to get your heart pumping! |
| Lifelong Fitness | A weight bearing class specifically designed for older adults who want to improve endurance, strength, balance and flexibility while having fun listening to popular oldies but goodies! |
| Low & Tone | An energy filled class designed for general fitness and overall conditioning. Combines low impact cardio and weights. |
|  | A get-up-and-go freestyle indoor cycle class. An awesome calorie burner! |
| Total Body Fitness | This high-energy class combines resistance and cardiovascular training to deliver a total body workout. For all fitness levels, beginning to advanced!" |
| Total Freestyle Fitness | An exercise session with emphasis on improving flexibility and muscular endurance. The routine includes exercise to improve balance and joint mobility. |
|  | A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system! Combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries! |