Briggs Wellness Center - Group Fitness Schedule - May

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	SPINNING Ryan- Rm 2	GROUP POWER Allyson-Rm 3	SPINNING Ryan- Rm 2	GROUP POWER Karen-Rm 3	SPINNING Allyson- Rm 2		CURRENT SCHEDULE AS OF 5/1/2015
6:30am	Total Freestyle Fitness Liz-Rm 3		Total Freestyle Fitness Liz-Rm 3				
7:00am	GROUP RIDE Laura-Rm 2						
8:00am	GROUP BLAST Beatrice- Rm 3	Total Body Fitness Nathalie- Rm 3	GROUP BLAST Beatrice- Rm 3	Total Body Fitness Nathalie- Rm 3	GROUP BLAST Beatrice- Rm 3	GROUP BLAST Karen- Rm 3	
8:00am						SPINNING Instructor Varies	SPINNING 8:30am Instructor Varies
9:00am	GROUP CENTERGY Susan S-Rm 3	Low & Tone Susan B-Rm3		Low & Tone Susan B-Rm 3		GROUP POWER Ryan-Rm 3	
9:30am	SPINNING Michelle- Rm 2	SPINNING Beatrice Room 2	SPINNING Michelle-Rm 2	SPINNING Beatrice- Rm 2	SPINNING Lori- Rm 2		
10:00am	GROUP ACTIVE Heather- Rm 3	Lifelong Fitness Susan B- Rm 3	GROUP ACTIVE Heather- Rm 3	Lifelong Fitness Susan B- Rm 3	ZUMBA FITNESS Maria Rm 3	GROUP KICK JoJo- Rm 3	
10:30am		BOOT CAMP NIKKI- RM 1 (45min)		BOOT CAMP NIKKI- RM 1 (45min)			
12:00pm	Sculpt Susan B- Rm 3	GROUP POWER Nathalie- Rm 3	Sculpt Susan B- Rm 3	GROUP POWER Heather- Rm 3	Sculpt Susan B- Rm 3		
12:00pm	SPINNING Nikki- Rm 2 (30min)		SPINNING Nathalie- Rm 2 (30min)		SPINNING Nikki- Rm 2 (30min)		
1:00pm		GROUP CORE Nathalie- Rm 3 (30min)		GROUP CORE Heather- Rm 3 (30min)			
4:00pm		Cut and Tone Melody- Rm 3					
5:00pm		GROUP CORE Laura- Rm 3 (30min)		GROUP CORE Karen- Rm 3 (30min)			
5:30pm		GROUP KICK Laura- Room 3		GROUP KICK Karen- Rm 3			
5:30pm	SPINNING Allyson- Rm 2	SPINNING Ryan- Rm 2	GROUP RIDE Laura-Rm 2	GROUP RIDE Jerome-Rm 2			
6:00pm	GROUP CORE Vivi- Rm 3 (30min)		ZUMBA FITNESS Angie- Rm 3			For more information regarding Group Fitness, please contact Melissa Sharp at 624-2750 ext. 42775 or Melissa.Sharp@nchmd.org Visit us at: www.nchmd.org/wellness	
6:30pm	GROUP KICK Mike- Rm 3	GROUP POWER Vivi- Rm 3		GROUP POWER Dana- Rm 3			
7:30pm	GROUP POWER Vivi-Rm 3						

GROUP ACTIVE	"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! "
GROUP BLAST	"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!"
GROUP CENTERGY	"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!"
GROUP CORE	"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®!"
GROUP KICK	"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	"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!"
GROUP RIDE	"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!"
RIPPED	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!
Cut and Tone	This fun, circuit workout delivers it all! Perform heart pumping cardiovascular exercise and resistance training to complete a total body workout.
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.
SPINNING	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.
ZUMBA FITNESS	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!