GROUP FITNESS SCHEDULE - WHITAKER WELLNESS CENTER - CURRENT SCHEDULE AS Of SEPTEMBER 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	RIDE Jerome Rm 2	POWER Erica Rm 3	RIDE Denny Rm 2	POWER Denny Rm 3	SPINNING Ryan Rm 2		all classes run 55 minutes unlesss otherwise noted
8:00am						RIDE Denny Rm 2	
8:30am		**Cardio Pump** **Angela Rm 3**	SPINNING 30 min. Nathalie Rm 2	**Cardio Pump** **Angela Rm 3**	SPINNING Nathalie Rm 2	**Interval Training** **Angela Rm 3**	
9:00am			CORE (30 min) Erica Rm 3				
9:15am	RIDE Erica Rm 2	SPINNING Lori Rm 2	SPINNING Lori Rm 2	SPINNING Nathalie Rm 2			SPINNING Ryan Rm 2
9:15am							POWER Dana Rm 3
9:30am	**Interval Training** **Angela Rm 3**	POWER Laura Rm 3	BLAST Erica Rm 3	POWER Erica Rm 3	ACTIVE Heather Rm 3	**Abs & Glutes** (30min) Angela Rm 3	
10:00am			**Barre Fusion** **Bobbie Lee Rm1**				
10:15am						POWER Heather Rm 3	
10:30am	ZUMBA **Maria Rm 1**		ZUMBA **Angie Rm 3**		ZUMBA **Angie Rm 3**		SPINNING Ryan Rm 2
10:30am	**Abs & Glutes** (30min) Angela Rm 3						fight **Dana Rm 3**
11:30am						**Barre Fusion** **Melanie Rm 1**	
11:30am						ZUMBA **Angie Rm 3**	
12:30pm		**Circuit** (30 min) Ryan Rm 3		**Circuit** (30 min) Ryan Rm 3			
3:30pm							
4:30pm	BLAST Erica Rm 3	ACTIVE Karen Rm 3	BLAST Karen Rm 3	POWER Vivi Rm 3			
5:30pm		**Barre Fusion** **Melanie Rm 1**	POWER Karla Rm 3		**Barre Fusion** **Bobbie Lee Rm 3**		
5:30pm	POWER Karen Rm 3	fight ***Lori*** Rm 3		fight **Vivi Rm 3**		**All classes run 55 mins** unless otherwise noted. For more information please contact Bobbie Lee Davenport at 239-624-6870 ex:46895 or BobbieLee.Davenport@nchmd.org Visit us at: www.nchmd.org/wellness	
5:45pm	SPINNING Ryan Rm 2	SPINNING Karla Rm 2	SPINNING Ryan Rm 2	SPINNING Karla Rm 2			
6:30pm	ZUMBA **Tania Rm 3**	**Circuit** (30 min) Ryan 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!" ****Sign up sheet available at the front desk 30 min prior to class.**
SPINNING	A get-up-and-go freestyle indoor cycle class. An awesome calorie burner! ****Sign up sheet available at the front desk 30 min prior to class**.
Barre Fusion	A fusion of yoga, ballet barre, and Pilates that works the entire body. Strengthen, lengthen, and stretch your body from top to bottom while working from the core. Light weight strength training and fluid movements will help sculpt and create a long and lean physique.
Cardio Pump	This high intensity interval workout will challenge your aerobic and anaerobic thresholds each time through a combination of cardivascular and strength training segments. The change of intervals throughout makes for a fun and motivating workout while also maximizing calorie-burn, muscular strength, and endurance.
Interval Training	Total body conditioning workout that combines high intensity cardiovascular and strength training with brief rest intervals in between.
Boot Camp	A high intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training.This class is designed to motivate and challenge you and your body differently each time.
Abs and Glutes	The entire core of our body is our physical foundation for everything we do in life. This class will focus on the upper and lower abs, obliques, back muscles,hips and glutes to promote overall health, injury prevention, as well as a "six-pack."
Hip Hop	A fun and high energy dance class that is great exercise too. Learn the latest hip hop moves in a gentle yet challenging format. Focus is placed on hip hop technique, style, attitude, funk, and building choreography blocks. No experience necessary.
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!