

# WHITAKER WELLNESS CENTER

## GROUP FITNESS SCHEDULE MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Group Cycle</b> 5:15-6:00 a.m. Jenn- CYC	<b>POWER</b> 5:30-6:25 a.m. Karen- GFS	<b>Group Cycle</b> 5:15-6:00 a.m. Jenn- CYC	<b>Meditation</b> 8:00-8:55 a.m. Nancy- RES	<b>Group Cycle</b> 5:30-6:25 a.m. Ryan- CYC	<b>Group Cycle</b> 8:30-9:25 a.m. Lynn- CYC	<b>Group Cycle</b> 9-9:55 a.m. Ryan- CYC
<b>Multilevel Yoga</b> 8:30-9:25 a.m. Sarah- GFS	<b>Meditation</b> 8:00-8:55 a.m. Nancy- RES	<b>Group Cycle</b> 8-8:55 a.m. Mike-CYC	<b>Interval Training</b> *no class 5/19 8:30-9:25 a.m. Angela- GFS	<b>Multilevel Yoga</b> 8:30-9:25 a.m. Sarah- RES	<b>Mat Pilates</b> *5/21-held in RES 8:30-9:25 a.m. Loren- GFS	<b>Group Cycle</b> 10:15-11:10 a.m. Ryan- CYC
<b>Group Cycle</b> 9-9:55 a.m. Catherine -CYC	<b>Interval Training</b> 8:30-9:25 a.m. Angela-GFS	<b>Multilevel Yoga</b> 8:30-9:25 a.m. Sarah-RES	<b>Gentle Yoga</b> 9:15-10:10 a.m. Nancy- RES	<b>Group Cycle</b> 9:30-10:25 a.m. Rose- CYC	<b>Multilevel Yoga</b> 9:30-10:25 a.m. Sarah W.- RES	<b>Multilevel Yoga</b> *5/22-held in RES 10:30-12:00 p.m. Elizabeth- GFS
<b>Barre Fusion</b> 9-9:55 a.m. Maria- RES	<b>Gentle Yoga</b> 9:15-10:10 a.m. Nancy- RES	<b>ACTIVE</b> *no class 5/18 9:15-10:10 a.m. Maria- GFS	<b>POWER</b> *no class 5/19 9:45 -10:40 a.m. Angela/Jenni- GFS	<b>Mat Pilates</b> *5/20-held in RES 9:30-10:20 a.m. Loren - GFS	<b>POWER</b> *no class 5/21 10-10:55 a.m. Yury-GFS	
<b>Zumba</b> 10:15-11:10 a.m. Maria- GFS	<b>BODYPUMP</b> -GFS 9:45-10:40 a.m. Jennifer <b>LES MILLS</b>	<b>Zumba</b> *5/18-held in RES 10:30-11:25 a.m. Junko- GFS	<b>Chair Yoga</b> 10:30-11:25 a.m. Louise- RES	<b>Zumba</b> *5/20-held in RES 10:30-11:25 a.m. Junko- GFS	<b>Gentle Yoga</b> 10:30-11:25 a.m. Nancy- RES	
<b>Gentle Yoga</b> 12:00-12:55 p.m. Wendy- GFS	<b>Chair Yoga</b> 10:30-11:25 a.m. Sarah W.- RES	<b>Gentle Yoga</b> *no class 5/18 <u>12:00-12:55 p.m.</u> Wendy- GFS	<b>Group Cycle</b> 4:30-5:15 p.m. Catherine -CYC	<b>BALANCE</b> 12:00-12:30 p.m. Brooke- RES		
<b>BALANCE</b> 12:00-12:30 p.m. Matt- RES	<b>BODYFLOW</b> -GFS 11-11:55 a.m. Jennifer <b>LES MILLS</b>	<b>BALANCE</b> 12:00-12:30 p.m. Instr. varies-RES	<b>Barre Fusion</b> 5:30-6:25 p.m. Maria- RES	<b>Restorative Yoga</b> 5:30-6:45 p.m. Elizabeth- RES		
<b>Foam Rolling</b> 1:15-2:10 p.m. Wendy- GFS	<b>ACTIVE</b> 4:30-5:25 p.m. Karen- GFS	<b>BLAST</b> *5/18-held in RES 4:30-5:25 p.m. Laura- GFS				
<b>BLAST</b> 4:30-5:25 p.m. Karen- GFS	<b>Group Cycle</b> 5:30-6:25 p.m. Rose- CYC	<b>POWER Yoga</b> 5:30-6:25 p.m. Sarah W.- RES				
<b>Group Cycle</b> 5:30-6:25 p.m. Dianne -CYC	<b>Mat Pilates</b> 6:30-7:25 p.m. Loren- RES	<b>Group Cycle</b> 5:30-6:25 p.m. Ryan -CYC				
<b>Multilevel Yoga</b> 5:45-6:40 p.m. Elizabeth- RES						
<b>POWER</b> 5:45-6:40 p.m. Yury- GFS						



\*The large group fitness studio (GFS) will be closed May 18th-22nd for replacement of flooring.

**STUDIOS**  
GFS—Group Fitness Studio  
CYC—Cycle Studio  
RES—Restorative Studio  
PIL—Pilates Reformer Studio

**RED: CARDIO**  
**BLUE: STRENGTH**  
**GREEN: MIND/BODY**  
**ORANGE: CYCLE**

:MOSSA licensed  
 :Les Mills licensed

Please bring your own mat to classes and your own foam roller to foam rolling classes.

Virtual Classes offered.  
Click on underlined class link for registration on [www.nchmd.org/wellness](http://www.nchmd.org/wellness)  
Sign up 3 days - 1 hr before class.  
Must be Active Wellness member.  
[Link: FAQ to virtual classes.](#)

\*\*Classes subject to changes and cancellations.\*\*  
Text NCHWellness to 77222  
to receive class cancellation alerts

For additional information, please call  
(239) 624-6870 or email  
Jennifer.Ray@nchmd.org  
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Wellness & Fitness Centers