

Functional Training Room #4

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Room 5:00am-10:45am	Open Room 5:00am-7:30am	Open Room 5:00am-9:45am	Open Room 5:00am-7:30am	Open Room 5:00am-10:00am	Open Room 6:30am-3:00pm	Open Room 8:00 am-3:00pm
Healthy Back & Core 11:00-11:45 a.m. Debbie	TRX Flow 7:45am-8:15am Pam	TRX Extreme 10:00pm-10:30pm Kristie	TRX Flow 7:45am-8:15am Pam	TRX Express 10:00pm-10:30pm Kristie		
Open Room 12:00pm-8:00pm	Open Room 8:15am-5:30pm	Open Room 10:30pm-8:00pm	Open Room 8:15am-10:15am	BootCamp 10:45am-11:30am Lori		
	TRX Power Hour 5:30pm-6:30pm Matt		BootCamp 10:30am-11:15am Lynn	Reserved 12:00pm-1:00pm		
	Open Room 6:30pm-8:00pm		Open Room 11:15am-5:30pm	Open Room 1:00pm-8:00pm		
			TRX Power Hour 5:30pm-6:30pm Matt			
			Open Room 6:30pm-8:00pm			



OPEN ROOM– Members are allowed to utilize this room for workouts. Please limit the amount of people in the room to 10 individuals for social distancing.

Classes are marked in **RED**. During these times the room is reserved for the class.

TRX-Class sizes are limited. Sign up for the classes are at the front desk and available 1 hour before the class begins.

****Please clean and put all equipment away in the room after use***

For additional information, please call 239-624-2750 or email Ryan.Canada@nchmd.org

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