

BRIGGS WELLNESS CENTER

GROUP FITNESS SCHEDULE OCTOBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycle 5:30-6:25 a.m. Valerie- Rm 2	Treadmill Intervals 6:15-7:00 a.m. Pam- Cardio deck	Group Cycle 5:30-6:25 a.m. Valerie- Rm 2	POWER  5:30-6:25 a.m. Karen- Rm 3	Group Cycle 5:30-6:25 a.m. Valerie- Rm 2	Group Cycle 8-8:55 a.m. Valerie- Rm 2	L1FT 9:00-9:45 a.m. Alison-Rm 3
Group Cycle 7-7:55 a.m. Valerie- Rm 2	Functional Mvmt 7:30-8:15 a.m. Jamie -Rm 3	Pilates 8-8:55 a.m. Liz- Rm 3	Functional Mvmt 7:30-8:15 a.m. Jamie -Rm 3	Group Cycle 7-7:55 a.m. Lyne- Rm 2	BLAST  8:00-8:55 a.m. Karen- Rm 3	Active Aging 9:00-9:55 a.m. Nancy- Rm 1
Pilates 8-8:55 a.m. Liz-Rm 3	Multilevel Interval 8:30-9:25 a.m. Jamie- Rm 3	Balance 9-9:30 a.m. Liz-Rm 1	Multilevel Interval 8:30-9:25 a.m. Jamie- Rm 3	Barre Fusion 8:30-9:15 a.m. Maria- Rm 3	Multilevel Yoga 8:30-9:25 a.m. Elizabeth- Rm 1	Multilevel Yoga 10:15-11:10 a.m. Nancy- Rm 3
Total Body Cardio & Strength 9:30-10:25 a.m. Debbie -Rm 3	Pilates 9:00-9:55 a.m. Liz- Rm 1	Group Cycle 9:30-10:25 a.m. Valerie -Rm 2	Pilates 9:00-9:55 a.m. Liz- Rm 1	Group Cycle 9-9:55 a.m. Jamie- Rm 2	POWER  9-9:55 a.m. Yury- Rm 3	
Balance 9-9:30 a.m. Liz- Rm 1	Abs & Glutes 10-10:30 a.m. Liz- Rm 3	PACE 9:45-10:40 a.m. Liz-Rm 1	Group Cycle 9:30-10:25 a.m. Rose -Rm 2	Pilates 9:30-10:25 a.m. Liz- Rm 1	Group Cycle 9:30-10:25 a.m. Rose- Rm 2	
Group Cycle 9-9:55 a.m. Jennifer- Rm 2	Group Cycle 9:30-10:25 a.m. Valerie- Rm 2	Zumba 9:30-10:25 a.m. Catherine- Rm 3	BODY PUMP -Rm3 9:35-10:30 a.m. Jennifer 	Zumba 9:30-10:25 a.m. Maria- Rm 3	Multilevel Yoga 9:45-10:40 a.m. Elizabeth- Rm 1	
PACE 9:45-10:40 a.m. Liz- Rm 1	Gentle Yoga 10:30-11:25 a.m. Elizabeth-Rm 1	Low & Light 10:45-11:40 a.m. Liz- Rm 3	Abs & Glutes 10-10:30 a.m. Liz- Rm 1	Low & Light 10:45-11:40 a.m. Liz- Rm 3	Cardio Kickboxing 10:20-11:15 a.m. Ro- Rm 3	
Low & Light 10:45-11:40 a.m. Liz-Rm 3	TAI CHI 11-11:45 a.m. Liz-Garden of Hope	Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1	Boot Camp 10:30-11:15 a.m. Lynn- Rm 4	Boot Camp 11:00-11:45 a.m. Pam- Rm 4	Total Body Training 11:30-12:25 p.m. Ro-Rm 3	
Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1	Step Interval 12:00-12:55 a.m. Pam- Rm 3	TAI CHI 11-11:45 a.m. Liz- Rm 3	Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1		<p>Please bring your own mat for classes and your own foam roller for foam roller classes.</p>
Healthy Back & Core 11:00-11:45 a.m. Debbie- Rm 4	BODY PUMP -Rm3 12:00-12:55 p.m. Laurel 	Gentle Yoga 12:15-1:10 p.m. Elizabeth- Rm 1	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1	Pilates 12:00-12:55 p.m. Wendy- Rm 3		
HIIT Cycle 12-12:30 p.m. Debbie- Rm 2	BODYFLOW 1:15-2:10 p.m. -Rm3 Laurel 	Yin Yoga 1:15-2:10 p.m. Elizabeth- Rm 3	BODYFLOW -Rm 3 12:00-12:55 p.m. Jennifer 	Foam Rolling 1:00-1:55 p.m. Wendy- Rm 3		
Pilates 12:00-12:55 p.m. Loren- Rm 3	L1FT 5:30-6:15 p.m. Alison-Rm 3	POWER  5:30-6:25 p.m. Yury -Rm 3	CORE  5:00-5:25 p.m. Karen-Rm 3			
Gentle Yoga 1:15-2:10 p.m. Elizabeth-Rm 3			ACTIVE  5:30-6:25 p.m. Karen- Rm 3			
Group Cycle 5:30-6:25 p.m. Ryan- Rm 2			Group Cycle 5:30-6:25 p.m. Catherine- Rm 2			
Multilevel Yoga 6-6:55 p.m. Nancy- Rm 3						


NCH Wellness Staff may reserve rooms for specialty classes during non scheduled class times.



Classes subject to changes and cancellations.

RED: CARDIO
BLUE: STRENGTH
GREEN: MIND/BODY
YELLOW: CYCLE

 :MOSSA Licensed
 :Les Mills Licensed

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

For additional information, please call (239) 624-2750 or e-mail Jennifer.Ray@nchmd.org
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