

WHITAKER WELLNESS CENTER

GROUP FITNESS SCHEDULE OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Multilevel Yoga 8:30-9:25 a.m. Sarah- GFS	POWER 5:30-6:25 a.m. Karen- GFS	Group Cycle 5:30-6:25 a.m. Ryan- CYC	Yoga Nidra 8:00-8:55 a.m. Yvette- RES	Group Cycle 5:30-6:25 a.m. Ryan- CYC	Group Cycle 8:30-9:25 a.m. Lynn- CYC	Group Cycle 9-9:55 a.m. Ryan- CYC
Group Cycle 8:30-9:25 a.m. Mike-CYC	Yoga Nidra 8:00-8:55 a.m. Yvette- RES	Group Cycle 8:30-9:25 a.m. Mike-CYC	Interval Training 8:30-9:25 a.m. Angela- GFS	Cycle HIIT 8:00-8:25 a.m. Debbie- CYC	Mat Pilates 8:30-9:25 a.m. Loren- GFS	BLAST *NEW CLASS 9-9:55 a.m. Laura- GFS
Barre Fusion 9-9:55 a.m. Maria- RES	Interval Training 8:30-9:25 a.m. Angela-GFS	Multilevel Yoga 8:30-9:25 a.m. Sarah-RES	Yoga Therapy 9:15-10:10 a.m. Yvette- RES	Multilevel Yoga 8:30-9:25 a.m. Sarah- RES	Multilevel Yoga 9:30-10:25 a.m. Sarah W.- RES	Multilevel Yoga 10:30-12:00 p.m. Elizabeth- GFS
Zumba 10:15-11:10 a.m. Maria- GFS	Yoga Therapy 9:15-10:10 a.m. Yvette- RES	ACTIVE 9:15-10:10 a.m. Maria- GFS	BODYPUMP -GFS 9:45 -10:40 a.m. Laurel LES MILLS	BODYPUMP -GFS 8:35-9:20 a.m. Debbie LES MILLS	BODYPUMP -GFS 9:45-10:40 a.m. Laurel LES MILLS	
Gentle Yoga 12:00-12:55 p.m. Wendy- GFS	BODYPUMP -GFS 9:45-10:40 a.m. Jennifer LES MILLS	Active Aging *starts 10/19 10:00-10:55 a.m. Nancy- RES	Chair Yoga 10:30-11:25 a.m. Louise- RES	Group Cycle 9:30-10:25 a.m. Rose- CYC	BODYFLOW 11-11:55 a.m.-GFS Laurel LES MILLS	
BALANCE 12-12:30 p.m. Matt- RES	Chair Yoga 10:30-11:25 a.m. Sarah W.- RES	Zumba 10:30-11:25 a.m. Dale- GFS	BODYFLOW 11-11:55 a.m.-GFS Laurel LES MILLS	Mat Pilates 9:30-10:20 a.m. Loren - GFS		
Foam Rolling 1:15-2:10 p.m. Wendy- GFS	BODYFLOW 11-11:55 a.m.-GFS Jennifer LES MILLS	Gentle Yoga 12:00-12:55 p.m. Wendy- GFS		Active Aging *starts 10/21 10:00-10:55 a.m. Nancy- RES		
BLAST 4:30-5:25 p.m. Karen- GFS	Group Cycle 5:30-6:25 p.m. Rose- CYC	BALANCE 12-12:30 p.m. Instr. varies- RES		Zumba 10:30-11:25 a.m. Dale- GFS		
Group Cycle 5:30-6:25 p.m. Mike -CYC	Mat Pilates 6-6:55 p.m. Loren - RES	Group Cycle 5:30-6:25 p.m. Ryan -CYC		BALANCE 12-12:30 p.m. Instr. varies- RES		
Multilevel Yoga 5:45-6:40 p.m. Elizabeth- RES		Multilevel Yoga *starts 10/19 5:30-6:25 p.m. Kathy- RES		Restorative Yoga 5:30-6:45 p.m. Elizabeth- RES		
POWER 5:45-6:40 p.m. Yury- GFS				 LES MILLS		



RED: CARDIO

BLUE: STRENGTH

GREEN: MIND/BODY

ORANGE: CYCLE

:MOSSA licensed

:Les Mills licensed

****Classes subject to changes and cancellations.****

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

Sign up 3 days - 1 hr before class.

Must be Active Wellness member.

[Link: FAQ to virtual classes.](#)

For additional information, please call

(239) 624-6870 or email

Jennifer.Ray@nchmd.org

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Wellness & Fitness Centers



STUDIOS

GFS—Group Fitness Studio

CYC—Cycle Studio

RES—Restorative Studio

PIL—Pilates Reformer Studio