










# BRIGGS WELLNESS CENTER

## GROUP FITNESS SCHEDULE FALL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Group Cycle</b> 5:30-6:25 a.m. Valerie- Rm 2	<b>Functional Mvmt</b> 7:30-8:15 a.m. Jamie -Rm 3	<b>Group Cycle</b> 5:30-6:25 a.m. Valerie- Rm 2	<b>POWER</b>  5:30-6:25 a.m. Karen- Rm 3	<b>Group Cycle</b> 5:30-6:25 a.m. Valerie- Rm 2	<b>Group Cycle</b> 8-8:55 a.m. Valerie- Rm 2	<b>L1FT</b> 8:45-9:40 a.m. Alison-Rm 3
<b>Group Cycle</b> 7-7:55 a.m. Valerie- Rm 2	<b>Multilevel Interval</b> 8:30-9:25 a.m. Jamie- Rm 3	<b>Pilates</b> 8-8:55 a.m. Liz- Rm 3	<b>Functional Mvmt</b> 7:30-8:15 a.m. Jamie -Rm 3	<b>Group Cycle</b> 7-7:55 a.m. Lyne- Rm 2	<b>BLAST</b>  8:00-8:55 a.m. Karen- Rm 3	<b>Multilevel Yoga</b> 10:00-10:50 a.m. Nancy- Rm 3
<b>Pilates</b> 8-8:55 a.m. Liz-Rm 3	<b>Pilates</b> 9:00-9:55 a.m. Liz- Rm 1	<b>Balance</b> 9-9:30 a.m. Liz-Rm 1	<b>TRX Flow</b> 7:30-8:15 a.m. Pam- TRX	<b>Barre Fusion</b> 8:30-9:15 a.m. Maria- Rm 3	<b>Multilevel Yoga</b> 8:30-9:25 a.m. Elizabeth- Rm 1	<b>Gentle Yoga</b> 11:00-11:55 a.m. Nancy- Rm 3
<b>Balance</b> 9-9:30 a.m. Liz- Rm 1	<b>Group Cycle</b> 9:30-10:25 a.m. Valerie- Rm 2	<b>Multilevel Interval</b> 9-9:45 a.m. Jamie- Rm3	<b>Multilevel Interval</b> 8:30-9:25 a.m. Jamie- Rm 3	<b>Group Cycle</b> 9-9:55am Jamie- Rm 2	<b>POWER</b>  9-9:55 a.m. Yury- Rm 3	
<b>Group Cycle</b> 9:30-10:25 a.m. Rose- Rm 2	<b>Abs &amp; Glutes</b> 10-10:30 a.m. Liz- Rm 1	<b>PACE</b> 9:45-10:40 a.m. Liz-Rm 1	<b>Pilates</b> 9:00-9:55 a.m. Liz- Rm 1	<b>Pilates</b> 9-9:55 a.m. Liz-Rm 1	<b>Group Cycle</b> 9:30-10:25 a.m. Rose- Rm 2	
<b>Total Body Cardio &amp; Strength</b> 9:30-10:25 a.m. Debbie -Rm 3	BeMoved® 10-10:55 a.m. Debbie K.- Rm 3	<b>Group Cycle</b> 10-10:55 a.m. Jamie -Rm 2	<b>Group Cycle</b> 9:30-10:25 a.m. Rose -Rm 2	<b>Zumba</b> 9:30-10:25 a.m. Maria- Rm 3	<b>Multilevel Yoga</b> 9:45-10:40 a.m. Elizabeth- Rm 1	<p>Please bring your own mat for classes and your own foam roller for foam roller classes.</p>
<b>PACE</b> 9:45-10:40 a.m. Liz- Rm 1	<b>Gentle Yoga</b> 10:35-11:30 a.m. Elizabeth—Rm 1	<b>TRX Extreme</b> 10:15-11:10 a.m. Laurel- TRX *NEW TIME*	<b>POWER</b> -Rm3 9:35-10:30 a.m. Mike 	<b>TRX Beginner</b> 10-10:45 a.m. Kellie- TRX	<b>Cardio Kickboxing</b> 10:20-11:15 a.m. Ro- Rm 3	
<b>Low &amp; Light</b> 10:45-11:40 a.m. Liz-Rm 3	<b>TAI CHI</b> 11-11:45 a.m. Liz-Rm3	<b>Low &amp; Light</b> 10:45-11:40 a.m. Liz- Rm 3	<b>Abs &amp; Glutes</b> 10-10:30 a.m. Liz- Rm 1	<b>Stretch</b> 10-10:30 a.m. Liz- Rm 1	<b>Total Body Training</b> 11:30-12:25 p.m. Ro—Rm 3	
<b>Multilevel Yoga</b> 11-11:55 a.m. Valerie- Rm 1	<b>Chair Yoga</b> 11:45-12:40 p.m. Elizabeth- Rm 1	<b>Bootcamp</b> 11:30am-12:15p.m. Jamie- Rm 4 *NEW CLASS*	<b>TAI CHI</b> 11-11:45 a.m. Liz- Rm 3	<b>Low &amp; Light</b> 10:45-11:40 a.m. Liz- Rm 3		
<b>Healthy Back &amp; Core</b> 10:45-11:40 a.m. Debbie- Rm 4	<b>BODY PUMP</b> -Rm3 12:30-1:25 p.m. Laurel 	<b>Gentle Yoga</b> 12:15-1:10 p.m. Elizabeth- Rm 1	<b>Chair Yoga</b> 11:45-12:40 p.m. Elizabeth- Rm 1	<b>Multilevel Yoga</b> 11-11:55 a.m. Valerie- Rm 1		
<b>Gentle Yoga</b> 1:15-2:10 p.m. Elizabeth—Rm 3	<b>BODYFLOW</b> 1:30-2:25 p.m. -Rm3 Laurel 	<b>Yin Yoga</b> 1:30-2:10 p.m. Elizabeth- Rm 1 *NEW TIME*	<b>BODY PUMP</b> -Rm3 12:30-1:25 p.m. Laurel 	<b>Mat Pilates</b> 12:00-12:55 p.m. Wendy- Rm 3		
<b>Group Cycle</b> 5:30-6:25 p.m. Ryan- Rm 2	<b>L1FT</b> 5:45-6:40 p.m. Alison-Rm 3 *NEW TIME*		<b>BODYFLOW</b> -Rm 3 1:30-2:25 p.m. Laurel 	<b>Foam Rolling</b> 1:00-1:55 p.m. Wendy- Rm 3		
<b>Multilevel Yoga</b> 6-6:55 p.m. Nancy- Rm 3			<b>CORE</b>  5:00-5:25 p.m. Karen-Rm 3			
			<b>ACTIVE</b>  5:30-6:25 p.m. Karen- Rm 3			
			<b>Group Cycle</b> 5:30-6:25 p.m. Catherine- Rm 2			



:MOSSA Licensed



:Les Mills Licensed

\*\*Classes subject to changes and cancellations.

Check Live link for updates\*\*

For additional information, please call  
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# NCH

**RED:** CARDI  
**BLUE:** STRENGTH  
**GREEN:** MIND/BODY  
**YELLOW:** CYCLE  
**PURPLE:** TRX

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