






# WHITAKER WELLNESS CENTER

## GROUP FITNESS SCHEDULE SPRING 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Multilevel Yoga</b> 8:30-9:25 a.m. Nancy- GFS	<b>POWER</b>  5:30-6:25 a.m. Karen- GFS	<b>Group Cycle</b> 5:30-6:25 a.m. Ryan- CYC	<b>Yoga Nidra</b> 8:00-8:55 a.m. Yvette- 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>Barre Fusion</b> 9-9:55 a.m. Maria- RES	<b>Yoga Nidra</b> 8:00-8:55 a.m. Yvette- RES	<b>Group Cycle</b> 8:30-9:25 a.m. Mike-CYC	<b>Interval Training</b> 8:30-9:25 a.m. Angela- GFS	<b>Multilevel Yoga</b> 8:30-9:25 a.m. Nancy - RES	<b>Multilevel Yoga</b> 9:30-10:25 a.m. Sarah W.- RES	<b>BLAST</b>  9-9:55 a.m. Laura- GFS
<b>TRX PowerHour</b> 10-11:00 a.m. Angela- TRX	<b>Interval Training</b> 8:30-9:25 a.m. Angela-GFS	<b>Multilevel Yoga</b> 8:30-9:25 a.m. Nancy -RES	<b>Yoga Therapy</b> 9:15-10:10 a.m. Yvette- RES	<b>BODYPUMP</b> -GFS 8:35-9:25 a.m. Debbie <b>LES MILLS</b>	<b>BODYPUMP</b> -GFS 9:45-10:40 a.m. Laurel <b>LES MILLS</b>	<b>Multilevel Yoga</b> 10:30-12:00 p.m. Elizabeth- GFS
<b>Zumba</b> 10:15-11:10 a.m. Maria- GFS	<b>Yoga Therapy</b> 9:15-10:10 a.m. Yvette- RES	<b>ATTACK</b> <b>LES MILLS</b> 8:30-9:25 a.m. Laurel -GFS	<b>BODYPUMP</b> -GFS 9:45 -10:40 a.m. Laurel <b>LES MILLS</b>	<b>Stretch</b> 9:30-10 a.m. Debbie- GFS	<b>Mat Pilates</b> 10:30-11:25 a.m. Kristi- RES	
<b>Gentle Yoga</b> 12:00-12:55 p.m. Wendy- GFS	<b>BODYPUMP</b> -GFS 9:45-10:40 a.m. Laurel <b>LES MILLS</b>	<b>ACTIVE</b>  9:30-10:25 a.m. Maria- GFS	<b>Core Express</b> 10:45-11:10am Laurel-GFS	<b>Group Cycle</b> 9:30-10:25 a.m. Mike- CYC	<b>Core Express</b> 10:45-11:10am Laurel-GFS	
<b>BALANCE</b> 12-12:30 p.m. Matt- RES	<b>Core Express</b> 10:45-11:10am Laurel-GFS	<b>Zumba</b> 10:30-11:25 a.m. Dale- GFS	<b>TRX Express</b> 11:15am-11:45am Laurel- TRX	<b>Chair Yoga</b> 10-10:50 a.m. Nancy- RES	<b>TRX Express</b> 11:15am-11:45am Laurel- TRX	
<b>Foam Rolling</b> 1:15-2:10 p.m. Wendy- GFS	<b>TRX Express</b> 11:15-11:45am Laurel- TRX	<b>Chair Yoga</b> 10-10:50 a.m. Nancy- RES	<b>Mat Pilates</b> 4:30-5:20 p.m. Kristi- GFS	<b>Zumba</b> 10:30-11:25 a.m. Dale- GFS		
<b>BLAST</b>  4:30-5:25 p.m. Karen- GFS	<b>Mat Pilates</b> 4:30-5:20 p.m. Kristi- GFS	<b>Gentle Yoga</b> 12:00-12:55 p.m. Wendy- GFS	<b>Total Body Training (TBT)</b> 5:30-6:25 p.m. Ro- GFS	<b>BALANCE</b> 12-12:30 p.m. Instr. varies- RES		
<b>Group Cycle</b> 5:30-6:25 p.m. Mike -CYC		<b>BALANCE</b> 12-12:30 p.m. Instr. varies- RES		<b>Restorative Yoga</b> 5:30-6:45 p.m. Elizabeth- RES		
<b>Restorative/ Gentle Yoga</b> 5:45-6:40 p.m. Elizabeth- RES		<b>Centergy</b> 4:30-5:25 p.m. Karen- GFS				
<b>POWER</b>  5:45-6:40 p.m. Yury- GFS		<b>*Starts 4/24*</b> <b>Group Cycle</b> 5:30-6:25 p.m. Ryan -CYC				
		<b>Multilevel Yoga</b> 5:30-6:25 p.m. Nancy- RES				

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



**:MOSSA licensed**  
**:LesMills licensed**

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

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

### STUDIOS

GFS—Group Fitness Studio  
CYC—Cycle Studio  
RES—Restorative Studio  
PIL—Pilates Reformer Studio  
TRX— TRX Training Area



Check live link, using QR code, for most up to date schedules.

# NCH

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