

WHITAKER WELLNESS CENTER

GROUP FITNESS SCHEDULE MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Multilevel Yoga 8:30-9:25 a.m. Nancy- GFS	POWER 5:30-6:25 a.m. Karen- GFS	TRX Extreme 5:30-6:00 a.m. Will- TRX	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. Jerny-CYC	Yoga Nidra 8:00-8:55 a.m. Yvette- RES	Group Cycle 5:30-6:25 a.m. Ryan- CYC	Interval Training 8:30-9:25 a.m. Angela- GFS	Multilevel Yoga 8:30-9:25 a.m. Nancy - RES	Multilevel Yoga 9:30-10:25 a.m. Sarah W.- RES	BLAST 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	Group Cycle 8:30-9:25 a.m. Mike-CYC	Yoga Therapy 9:15-10:10 a.m. Yvette- RES	Power-GFS 8:30-9:25 a.m. Mike <small>LES MILLS</small>	BODYPUMP-GFS 9:45-10:40 a.m. Laurel <small>LES MILLS</small>	Multilevel Yoga 10:30-12:00 p.m. Elizabeth- GFS
TRX PowerHour 10-11:00 a.m. Angela- TRX	Yoga Therapy 9:15-10:10 a.m. Yvette- RES	Multilevel Yoga 8:30-9:25 a.m. Nancy -RES	BODYPUMP-GFS 9:45 -10:40 a.m. Laurel <small>LES MILLS</small>	Group Cycle 9:45-10:35 a.m. Mike- CYC	Mat Pilates 10:30-11:25 a.m. Kristi- RES	
Zumba 10:15-11:10 a.m. Maria- GFS	BODYPUMP-GFS 9:45-10:40 a.m. Laurel <small>LES MILLS</small>	ATTACK <small>LES MILLS</small> 8:30-9:25 a.m. Laurel -GFS	Core Express 10:45-11:10am Laurel-GFS	Chair Yoga 10-10:50 a.m. Nancy- RES	Core Express 10:45-11:10am Laurel-GFS	
Gentle Yoga 12:00-12:55 p.m. Wendy- GFS	Core Express 10:45-11:10am Laurel-GFS	ACTIVE <small>LES MILLS</small> 9:30-10:25 a.m. Maria- GFS	TRX Express 11:15am-11:45am Laurel- TRX	Zumba 10:30-11:25 a.m. Dale- GFS	TRX Express 11:15am-11:45am Laurel- TRX	
BALANCE 12-12:30 p.m. Matt- RES	TRX Express 11:15-11:45am Laurel- TRX	Chair Yoga 10-10:50 a.m. Nancy- RES	TRX Beginner 3-3:30 p.m Chris- TRX	BALANCE 12-12:30 p.m. Instr. varies- RES		
Foam Rolling 1:15-2:10 p.m. Wendy- GFS	Mat Pilates 4:30-5:20 p.m. Kristi- GFS	Zumba 10:30-11:25 a.m. Dale- GFS	Mat Pilates 4:30-5:20 p.m. Kristi- GFS	Restorative Yoga 5:30-6:45 p.m. Elizabeth- RES		
BLAST 4:30-5:25 p.m. Karen- GFS		Gentle Yoga 12:00-12:55 p.m. Wendy- GFS	Total Body Training (TBT) 5:30-6:25 p.m. Ro- GFS	Zumba 6-6:45 p.m. Javi- GFS		
Group Cycle 5:30-6:25 p.m. Mike -CYC		BALANCE 12-12:30 p.m. Instr. varies- RES		STARTS 5/10		
Restorative/ Gentle Yoga 5:45-6:40 p.m. Elizabeth- RES		Centergy 4:30-5:25 p.m. Karen- GFS				
POWER 5:45-6:40 p.m. Yury- GFS		Group Cycle 5:30-6:25 p.m. Ryan -CYC				
		Multilevel Yoga 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.



SCAN ME

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



For additional information, please call

(239) 624-6870

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STUDIOS

GFS—Group Fitness Studio

CYC—Cycle Studio

RES—Restorative Studio

PIL—Pilates Reformer Studio

TRX— TRX Training Area