

WHITAKER WELLNESS CENTER

GROUP FITNESS SCHEDULE SUMMER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycle 5:30-6:25 a.m. Valerie-CYC	POWER 5:30-6:25 a.m. Karen- GFS	Group Cycle 5:30-6:25 a.m. Ryan- CYC	Gentle Yoga 8:30-9:25 a.m. Valerie -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
Multilevel Yoga 8:30-9:25 a.m. Val- GFS	Gentle Yoga 8:30-9:25 a.m. Valerie -RES	Group Cycle 8:30-9:25 a.m. Mike-CYC	Interval Training 8:30-9:25 a.m. Angela- GFS	Group Cycle 8:00- 8:50 a.m. Rose- CYC	Multilevel Yoga 9:30-10:25 a.m. Sarah W.- RES	BLAST 9-9:55 a.m. Laura- GFS
Group Cycle 8:30-9:25 a.m. Jerny-CYC	Interval Training 8:30-9:25 a.m. Angela-GFS	Multilevel Yoga 8:30-9:25 a.m. Val -RES	BODYPUMP -GFS 9:45 -10:40 a.m. Laurel LES MILLS	Multilevel Yoga 8:30-9:25 a.m. Val - RES	BODYPUMP -GFS 9:45-10:40 a.m. Laurel LES MILLS	Multilevel Yoga 10:30-12:00 p.m. Elizabeth- GFS
Barre Fusion 9-9:55 a.m. Maria- RES	Group Cycle 9:30-10:20 a.m. Rose- CYC	ACTIVE 9:30-10:25 a.m. Maria- GFS	Core Express 10:45-11:10am Laurel-GFS	Power -GFS 8:30-9:25 a.m. Mike	Mat Pilates 10:30-11:25 a.m. Kristi- RES	
TRX PowerHour 10-11:00 a.m. Angela- TRX	BODYPUMP -GFS 9:45-10:40 a.m. Laurel LES MILLS	TRX PowerHour 10-11:00 a.m. Mike- TRX	TRX Express 11:15am-11:45am Laurel- TRX	Group Cycle 9:45-10:35 a.m. Mike- CYC	Core Express 10:45-11:10am Laurel-GFS	
Zumba 10:15-11:10 a.m. Maria- GFS	Core Express 10:45-11:10am Laurel-GFS	Zumba 10:30-11:25 a.m. Dale- GFS	TRX Beginner 3:00-3:30 p.m. Chris- TRX	Zumba 10:30-11:25 a.m. Dale- GFS	TRX Express 11:15am-11:45am Laurel- TRX	
Gentle Yoga 12:00-12:55 p.m. Wendy- GFS	TRX Express 11:15-11:45am Laurel- TRX	Gentle Yoga 12:00-12:55 p.m. Wendy- GFS	Mat Pilates 4:30-5:20 p.m. Kristi- GFS	BALANCE 12-12:30 p.m. Instr. varies- RES		
BALANCE 12-12:30 p.m. Matt- RES	Mat Pilates 4:30-5:20 p.m. Kristi- GFS	BALANCE 12-12:30 p.m. Instr. varies- RES	Total Body Training (TBT) 5:30-6:25 p.m. Ro- GFS	Mat Pilates 12:00-12:55 p.m. Wendy- GFS		
Foam Rolling 1:15-2:10 p.m. Wendy- GFS		Centergy 4:30-5:25 p.m. Karen- GFS		Foam Rolling 1:15-2:10 p.m. Wendy- GFS		
BLAST 4:30-5:25 p.m. Karen- GFS		Group Cycle 5:30-6:25 p.m. Ryan -CYC		Restorative Yoga 5:30-6:45 p.m. Elizabeth- RES		
Group Cycle 5:30-6:25 p.m. Mike -CYC		Multilevel Yoga 5:30-6:25 p.m. Nancy- RES		Zumba 6-6:45 p.m. Javi- GFS		
Restorative/ Gentle Yoga 5:45-6:40 p.m. Elizabeth- RES		L1ft 5:45-6:40 p.m. Alison- GFS				
POWER 5:45-6:40 p.m. Yury- GFS						

STUDIOS

- GFS—Group Fitness Studio
- CYC—Cycle Studio
- RES—Restorative Studio
- PIL—Pilates Reformer Studio

Classes subject to changes and cancellations.



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

NCH

For additional information, please call
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