



WellnessCenter
NavicentHealth

Group Fitness Schedule

Phase 2 Re-Opening Effective 6.22.2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	H.E.A.T. (Must Sign Up) Outside - Jackera		H.E.A.T. (Must Sign Up) Outside - Catalina				
5:45 AM		Core & More Room 2 - Peggy	SH1FT Room 2 - Peggy	Circuit Mash-up Room 2 - Peggy			
7:00 AM					Kettle Club Room 2 - Miriam		
7:30 AM							
8:30am	Yoga Flow Room 2 - Lisa S.				Yoga Flow Room 2 - Lisa S.		
9:00am						FIT Happens *See online schedule for class details Room 2 - Various	
9:30am				Yoga Room 2 - Jessica			
	Aqua Fitness Pool - Miriam		Aqua Fitness Pool - Matthew	Aqua Fitness Pool - Matthew	Aqua Fitness Pool - Winnie	Aqua Kick Pool - Miriam	
10:30am						Yoga Room 2 - Amber	
11:00am	SilverSneakers® Classic Room 2 - Brenda	Active Aging Yoga Room 2 - Amber		SilverSneakers® Yoga Room 2 - Miriam	SilverSneakers® Circuit Room 2 - Rebecca		
11:30am							
1:30pm		Latin Heat Room 2 - Paula					
2:30pm		Tai Chi Room 2 - Paula					
3:30pm							
4:30pm					Restorative Yoga Room 1 - Jessica		
5:30pm	Zumba Room 2 - Megan						
		Yoga Flow Education Room - Lisa S.					
		30 Minute Abs Room 1 - Brian					
6:00pm	Cardio Strength Room 1 - Brian	Pump Room 2 - Brenda	Cardio Strength Room 2 - Brian	Step Fitness Room 2 - Cheryl			
			Yoga 4 Dudes Education Room - Christina				

Class Size Limits

The Wellness Center is participating in Social Distancing in **ALL** Group Fitness classes. *Class sizes are limited.* Members are granted entry on a first come - first served basis. Once the maximum number of participants is reached, the class will be closed. ***See below for Lap Pool Information

All classes are 30-45 minutes.

Members will be asked to disinfect all equipment used at the end of each class.

Gym Hours of Operation:

Mon-Thur 4:45am - 9:00pm

Friday 4:45am - 8:00pm

Saturday 7:00am - 6:00pm

Sunday 10:00am - 6:00pm

All classes/instructors subject to change

***Lap Pool Information

Lap Swim and Therapeutic Swim/Walk is available by **RESERVATION ONLY**.

You may reserve your lane and swim time online by visiting <https://www.navicenthealth.org/wellnesscenter/group-fitness> OR go to the Facebook page and click on SCHEDULE on the left side of the page (desk top only). Initially only 3 lanes will be open. Scroll down to find the week, day, lane and time; click the SIGN UP button.

There will be no free swim available. You must make a reservation to use the pool outside of group Aqua classes.

Use this color code to easily find classes based on format!

Zumba/Dance

Silver Sneakers/Active Aging

H.E.A.T.

Sculpt

Aqua

Cardio

Yoga

Cycle - Coming Soon!

A wrist band is required for entry to **ALL** Aqua classes. You may obtain a band from the front desk beginning at 9:00am on the day of your preferred class.



