



Group Fitness Schedule

Effective 10.11.2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30am	H.E.A.T. (Must Sign Up) Outside - Jackera		H.E.A.T. (Must Sign Up) Outside - Catalina		H.E.A.T. (Must Sign Up) Outside - Jackera	9:00am H.E.A.T. (Must Sign Up) Outside - Various	Use this color code to easily find classes based on format!
			SH1FT/L1FT Room 2 - Peggy			9:00am FIT Happens Room 2 - Various	
5:45am		Sunrise Cycle Outside - Suni				9:30am Aqua Kickboxing Pool - Miriam	Zumba/Dance
		Abs & More (30 min class) Room 2 - Peggy		Circuit Mash-Up Room 2 - Peggy		10:30am Yoga Room 2 - Various	
7:00am					Kettle Club Room 1 - Matthew	Sunday	SilverSneakers©
7:30am	Smooth Moves **begins 10/19 Room 1 - Miriam					2:30 PM Group Cycle Outside - Dorothy	H.E.A.T.
8:30am	Group Cycle Outside - Dorothy		Group Cycle Outside - Brandi		Group Cycle Outside - Dorothy		Strength/Sculpt
	Yoga Flow Room 2 - Lisa S.				Yoga Flow Room 2 - Lisa S.		Aqua
9:00am							Cardio
9:30am	Kickboxing *begins 10/19 Room 2 - Rebecca	Cardio Sculpt Room 2 - Allison	R.I.P.P.E.D. Room 2 - Robin	Yoga Room 2 - Jessica	Step Fitness Room 2 - Cheryl		Yoga/Mindfulness
	Aqua Fitness Pool - Miriam		Aqua Fitness Pool - Matthew	Aqua Fitness Pool - Matthew	Aqua Abs & Strength Pool - Miriam		Cycle
10:30am	la-H.E.A.T. (must sign up) Room 1 - Catalina		la-H.E.A.T. (must sign up) Room 1 - Catalina				
11:00am	SilverSneakers© Classic Room 2 - Brenda	SilverSneakers© Yoga Room 2 - Wanda	SilverSneakers© CardioFit Room 2 - Wanda	SilverSneakers© Yoga Room 2 - Miriam	SilverSneakers© CardioFit Room 2 - Wanda		
12:00pm	SilverSneakers© CardioFit Room 2 - Wanda	Fire Cycle *begins 10/20 (starts @ 12:15) 30-min class Outside - Brandi	SilverSneakers© Circuit Room 2 - Robin		SilverSneakers© Circuit Room 2 - Robin		
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 ER - Lisa S.					Members will be asked to disinfect all equipment used at the end of each class. Classes sizes are limited due to social distancing.
	Aqua Fitness (starts @ 5:45) Pool - Colby	Abs & More (30 min class) Room 1 - Brian		FIT Happens (starts @ 5:45) Room 2 - Various			
6:00pm				H.E.A.Trx (Must Sign Up) *begins 10/22 HEAT Room - Matthew			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
	Cardio Strength (30 min class) Room 1 - Brian		Kettle Club (30 min class) Room 2 - Brian	Step Fitness Room 1 - Cheryl			
	Group Cycle *begins 10/19 Outside - Brandi	Pump (starts @ 6:15) Room 2 - Brenda	Fire Cycle *begins 10/21 30-min class Outside - Suzanne	Yoga Flow ER - Christina			
6:30pm	Aqua Abs & Strength (starts @ 6:45) Pool - Colby						

A wrist band is required for entry to ALL Aqua classes. You may obtain a band from the front desk 30 minutes prior to the start time of your preferred class.

*****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). All 5 lanes are 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.