









Dr. John N. Briggs Wellness Center - Group Fitness Schedule -September 2016

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	 Group Cycle™ Ryan Rm 2	 M POWER Nathalie-Rm 3	Group Cycle™ Ryan Rm 2	 M POWER Karen-Rm 3	Group Cycle™ Nathalie Rm 2		CURRENT SCHEDULE AS OF 9/1/16
6:30am	Total Freestyle Fitness Liz-Rm 3		Total Freestyle Fitness Liz-Rm 3				
7:00am	 Group Cycle™ Angie Rm 2						
8:00am	 M BLAST Beatrice- Rm 3	Total Body Fitness Nathalie- Rm 3	 M BLAST Beatrice- Rm 3	Total Body Fitness Nathalie- Rm 3	 M BLAST Beatrice- Rm 3	 M BLAST Karen- Rm 3	
8:00am						Group Cycle™ Inst. Varies Rm 2	Group Cycle™ Nathalie Rm 2
9:00am	<i>9am Zumba with Evelyn starts in October!</i>	Low & Tone Susan B-Rm3		Low & Tone Susan B-Rm 3		 M POWER Laura Rm 3	
9:30am	 Group Cycle™ Michelle Rm 2	 Group Cycle™ Angie Rm 2	 Group Cycle™ Michelle Rm 2	 Group Cycle™ Beatrice Rm 2	 Group Cycle™ Lori Rm 2		
10:00am	 M ACTIVE Heather Rm 3	Lifelong Fitness Susan B Rm 3	 M ACTIVE Heather Rm 3	Lifelong Fitness Susan B- Rm 3	 ZUMBA Maria Rm 3	 M fight Nathalie Rm 3	
10:30am		BOOT CAMP NIKKI- RM 1 (45min)		BOOT CAMP NIKKI- RM 1 (45min)			
12:00pm	Sculpt Susan B- Rm 3	 M POWER Nathalie- Rm 3	Sculpt Susan B- Rm 3	 M POWER Heather- Rm 3	Sculpt Susan B- Rm 3		
12:00pm	 Group Cycle™ Nikki Rm 2 (30min)		 Group Cycle™ Nathalie Rm 2 (30min)		 Group Cycle™ Nikki Rm 2 (30min)		
4:00pm		Cross Training Andrew- Rm 3 (45min)		Cross Training Andrew- Rm 3 (45min)		For additional information regarding Group Fitness, please contact Melissa Sharp at (239) 624-2775 or Melissa.Sharp@nchmd.org Visit us at: www.nchmd.org/wellness www.facebook.com/nchwellness  Wellness Centers	
5:00pm		 M CORE Laura- Rm 3 (30min)		 M CORE Karen- Rm 3 (30min)			
5:30pm		 M fight Laura- Room 3		 M fight Karen- Rm 3			
5:30pm	 Group Cycle™ Nathalie Rm 2	 Group Cycle™ Ryan Rm 2	Wednesday Group Cycle™ is temporarily cancelled	 M RIDE Jerome-Rm 2			
6:00pm	 M CORE Dana- Rm 3 (30min)		 ZUMBA Angie Rm 3				
6:30pm	 M fight Mike- Rm 3	 M POWER Dana- Rm 3		 M POWER Dana- Rm 3			
7:30pm	 M POWER Dana-Rm 3						

Class Descriptions

	<p>Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life!</p>
	<p>Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!</p>
	<p>Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. HARD CORE!</p>
	<p>Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!</p>
	<p>Group Power® will blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!</p>
	<p>Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!</p>
<p>Boot Camp</p>	<p>A high intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. This class is designed to motivate and challenge you and your body differently each time..</p>
<p>Cross Training</p>	<p>An circuit training class that's guaranteed to get your heart pumping! Work at your own pace while staying motivated through professional instruction. For all fitness levels!</p>
<p>Group Cycle™</p>	<p>A get-up-and-go freestyle indoor cycle class. An awesome calorie burner!</p>
<p>Lifelong Fitness</p>	<p>A weight bearing class specifically designed for older adults who want to improve endurance, strength, balance and flexibility while having fun listening to popular oldies but goodies!</p>
<p>Low & Tone</p>	<p>An energy filled class designed for general fitness and overall conditioning. Combines low impact cardio and weights.</p>
<p>Sculpt</p>	<p>Designed to provide a total body strength training workout using free weight.</p>
<p>Total Body Fitness</p>	<p>This high-energy class combines resistance and cardiovascular training to deliver a total body workout. For all fitness levels, beginning to advanced!</p>
<p>Total Freestyle Fitness</p>	<p>An exercise session with emphasis on improving flexibility and muscular endurance. The routine includes exercise to improve balance and joint mobility.</p>
	<p>A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system! Combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries!</p>