Group Fitness Schedule Briggs Wellness Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	SPINNING Ryan- Rm 2		SPINNING Ryan- Rm 2	GROUP POWER Karen-Room 3	SPINNING Allyson- Rm 2		CURRENT SCHEDULE AS OF 5/1/2013
6:30am	Stretch & Tone Liz-Rm 3		Stretch & Tone Liz-Rm 3		Stretch & Tone Liz-Rm 3		
7:00am	SPINNING + CORE-Sandi						
8:00am	GROUP STEP Beatrice- Room 3	Tone Susan B- Rm 3	GROUP STEP Beatrice- Room 3	Tone Susan B- Rm 3	GROUP STEP Beatrice- Room 3	SPINNING Paola- Rm 2	
8:00am						GROUP STEP Karen- Room 3	SPINNING 8:30 am Instructor varies- Rm 2
9:00am	GROUP CENTERGY Susan S- Rm 3	Low & Tone Susan B-Rm3		Low & Tone Susan B-Rm 3		GROUP POWER Ryan-Room 3	
9:30am	SPINNING Michelle- Rm 2	SPINNING Beatrice Room 2	SPINNING Michelle-Rm 2	SPINNING Beatrice- Rm 2	GROUP RIDE Amy-Rm 2		
10:00am	GROUP ACTIVE Heather- Room 3	Lifelong Fitness Susan B- Rm 3	GROUP ACTIVE Heather- Room 3	Lifelong Fitness Susan B- Rm 3	ZUMBA FITNESS Maria- Room 3	GROUP KICK JoJo- Room 3	GROUP POWER 11:15am Dana-Room 3
12:00pm	Sculpt Susan B- Rm 3	GROUP POWER Nathalie- Room 3	Sculpt Susan B- Rm 3	GROUP POWER Heather- Room 3	Sculpt Susan B- Rm 3		
5:00pm	GROUP STEP Beatrice- Room 3	GROUP CORE Carlos- Room 3		GROUP CORE Karen- Room 3		Make sure to bring your gym towel for Group Core!	
5:30pm		GROUP KICK 5:30pm Carlos- Room 3		GROUP KICK 5:30pm Karen- Room 3			
5:30pm	SPINNING Allyson- Rm 2	SPINNING Ryan- Rm 2	SPINNING Heidi- Rm 2	GROUP RIDE Jerome-Rm 2		*Spin and Group Ride Participants: Please make sure to sign in at the front desk before class. Thank You!	
5:30pm		Cross Training (0.5hr) Andrew- Rm 1			Cross Training (0.5hr) Andrew- Rm 1		
6:00pm	GROUP CORE Mike- Room 3						
6:30pm	GROUP KICK Mike- Room 3	GROUP POWER Room 3	ZUMBA FITNESS Marlo-Room 3	GROUP POWER Dana- Room 3		www.NCHmd.org/Wellness Phone 239.436.6770	
7:30pm	GROUP POWER Allyson-Room 3						

For more information regarding Group Fitness: contact Melissa D'Itri, Group Fitness Coordinator, at 624-2750.

- *"Group Power is your hour of power! This barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music & awesome instructors. With simple, athletic movements such as squats, lunges, presses & curls, Group Power is for all ages & fitness levels. Discover results, discover Group Power!"*

- *"Group Kick brings it on! This electric fusion class of martial arts & boxing movements will kick your cardio fitness to the next level while defining & shaping your body & self confidence! Energetic music, awesome instructors & a group environment will keep you punching, kicking & smiling! Group Kick will knock you out!"*

- *"Discover new heights with Group Step! Utilizing the step in many positions & heights, this compelling cardio program strengthens & shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step."*

"Activate Your Life in only one hour! Feeling fitter,stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. Get more out of life! Get Active!

SPINNING – A GET-UP-AND-GO FREESTYLE INDOOR CYCLE CLASS. AN AWESOME CALORIE BURNER!

SCULPT – A CLASS DESIGNED FOR A TOTAL BODY WORKOUT USING DUMBBELLS. THIS CLASS COMBINES FUN AND FREE WEIGHTS.

LOW & TONE – AN ENERGY FILLED CLASS DESIGNED FOR GENERAL FITNESS AND OVERALL CONDITIONING. COMBINES LOW IMPACT CARDIO TRAINING AND WEIGHTS.

OSTEO – A CLASS DESIGNED TO HELP PREVENT THE EFFECTS OF OSTEOPOROSIS BY TONING AND STRETCHING MAJOR MUSCLE GROUPS AS WELL AS INCREASING BONE DENSITY.

MAT PILATES – CORE STRENGTH AND FLEXIBILITY IS WHAT THIS CLASS IS ALL ABOUT. SUBTLE AND PRECISE MOVES.

Lifelong Fitness – 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!

STRETCH & TONE – An exercise session with emphasis on improving flexibility and muscular endurance. The routine includes exercise to improve balance and joint mobility. Relaxation techniques and deep breathing are taught. Participants must be able to get up and down off the floor.

Zumba-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!

***Cross Training at Kinesis* - an advanced class designed to cover a number of different fitness areas including Kinesis Spinning, Plyometrics, Striking, and Core. With these high intensity movements performed in a circuit-training design, 30 minutes is plenty of time to get your heart pumping!**

"Everyone finishes first in Group Ride! This 60 minute cycling program is geared to anyone that can ride a bike. Motivating music and an inspiring group environment lets you ride on!"

"Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will 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. Reach Your Peak with Group Core! "