











Briggs Wellness Center - Group Fitness Schedule - March

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	SPINNING Ryan- Rm 2	XPOWER Allyson-Rm 3	SPINNING Ryan- Rm 2	XPOWER Karen-Km 3	SPINNING Allyson- Rm 2		CURRENT SCHEDULE AS OF 3/1/2015
6:30am	Total Freestyle Fitness Liz-Rm 3		Total Freestyle Fitness Liz-Rm 3		Total Freestyle Fitness Liz-Rm 3		
7:00am	RIDE Laura-Rm 2						
8:00am	BLAST Beatrice- Rm 3	Total Body Fitness Nathalie- Rm 3	BLAST Beatrice- Rm 3	KICK Nathalie- Rm 3	BLAST Beatrice- Rm 3	BLAST Karen- Rm 3	
8:00am						SPINNING Instructor Varies	SPINNING
8:15am	SPINNING Michelle-Rm 2		SPINNING Michelle-Rm 2				<u>8:30am</u> Instructor varies
9:00am	CENTERGY Susan S-Rm 3	Low & Tone Susan B-Rm3		Low & Tone Susan B-Rm 3		XPOWER Ryan-Rm 3	
9:30am	SPINNING Michelle- Rm 2	SPINNING Beatrice Room 2	SPINNING Michelle-Rm 2	SPINNING Beatrice- Rm 2	SPINNING Lori- Rm 2		
10:00am	ACTIVE Heather- Rm 3	Lifelong Fitness Susan B- Rm 3	ACTIVE Heather- Rm 3	Lifelong Fitness Susan B- Rm 3	ZUMBA Maria Rm 3	KICK JoJo- Rm 3	
10:30am		BOOT CAMP NIKKI- RM 1 (45min)		BOOT CAMP NIKKI- RM 1 (45min)			
12:00pm	Sculpt Susan B- Rm 3	XPOWER Nathalie- Rm 3	Sculpt Susan B- Rm 3	XPOWER Heather- Rm 3	Sculpt Susan B- Rm 3		
12:00pm	SPINNING Nikki- Rm 2 (30min)		SPINNING Nathalie- Rm 2 (30min)		SPINNING Nikki- Rm 2 (30min)		
12:30pm					BOOT CAMP SUTTER- RM 1 (45min)		
5:00pm		CORE Laura- Rm 3 (30min)		CORE Karen- Rm 3 (30min)			
5:15pm			RIPPED Heather- Rm 3				
5:30pm		KICK Laura- Room 3		KICK Karen- Rm 3			
5:30pm	SPINNING Allyson- Rm 2	SPINNING Ryan- Rm 2	SPINNING Beatrice- Rm 2	RIDE Jerome-Rm 2			
5:30pm		Cross Training (30min) Andrew- Rm 1			Cross Training (30min) Andrew- Rm 1		
6:00pm	CORE Vivi- Rm 3 (30min)		CORE Heather- Rm 3 (30min)				For more information regarding Group Fitness, please contact Melissa D'Itri at 624-2750 ext. 42775 or Melissa.D'itri@nchmd.org Visit us at: www.nchmd.org/wellness
6:30pm	KICK Mike- Rm 3	XPOWER Vivi- Rm 3	ZUMBA Angie- Rm 3	XPOWER Dana- Rm 3			
6:30pm	Cross Training (30min) Andrew- Rm 1						
7:30pm	XPOWER Vivi-Rm 3						

	<p>"Get Active, and get more out of life! 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 with Group Active! "</p>
	<p>"Discover New Heights with Group Blast®! Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance, and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and the sweat pouring. Blast This Way with Group Blast!"</p>
	<p>"Redefine Your Self with Group Centergy. Grow longer, stronger and improve your stamina as you explore this 60-minute journey using yoga and Pilates fundamentals along with dynamic whole body movements. Uplifting music, group dynamics and supportive instructors will enable you to Center Your Energy. Discover Group Centergy!"</p>
	<p>"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, 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®!"</p>
	<p>"This gripping hour 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 Kick combines cutting-edge moves with thrilling music. This electric experience is addictive! Bring It On with Group Kick!"</p>
	<p>"Group Power® is Your Hour of Power! 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>"Get your Ride On with Group Ride®! This huge calorie burner builds great-looking legs! Group Ride is 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 the all the benefits of authentic interval training. Ride On!"</p>
	<p>A total body workout using resistance and cardio training. This class masterfully combines the components of R.I.P.P.E.D- Resistance, Intervals, Power, Plyometrics, and even online Diet suggestions. Along with driving, motivating music, participants will jam through R.I.P.P.E.D. with smiles, determination and strength. For all fitness levels!</p>
<p>Cross Training at Kinesis</p>	<p>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!</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>A get-up-and-go freestyle indoor cycle class. An awesome calorie burner!</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>