

Briggs Wellness Center - Group Fitness Schedule - November

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	 SPINNING Ryan- Rm 2	 POWER Allyson-Rm 3	 SPINNING Ryan- Rm 2	 POWER Karen-Rm 3	 SPINNING Allyson- Rm 2		CURRENT SCHEDULE AS OF 11/1/2015
6:30am	Total Freestyle Fitness Liz-Rm 3		Total Freestyle Fitness Liz-Rm 3				
7:00am	 AIDE Laura-Rm 2						
8:00am	 BLAST Beatrice- Rm 3	Total Body Fitness Nathalie- Rm 3	 BLAST Beatrice- Rm 3	Total Body Fitness Nathalie- Rm 3	 BLAST Beatrice- Rm 3	 BLAST Karen- Rm 3	
8:00am						 SPINNING Instructor Varies	 SPINNING 8:30am Nathalie
9:00am	<i>*Centergy is temporarily cancelled*</i>	Low & Tone Susan B-Rm3		Low & Tone Susan B-Rm 3		 POWER Laura 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	 fight JoJo- Rm 3	
10:30am		BOOT CAMP NIKKI- RM 1 (45min)		BOOT CAMP NIKKI- RM 1 (45min)			
12:00pm	Sculpt Susan B- Rm 3	 POWER Nathalie- Rm 3	Sculpt Susan B- Rm 3	 POWER 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)		
1:00pm		 CORE Nathalie- Rm 3 (30min)		 CORE Heather- Rm 3 (30min)			
5:00pm		 CORE Laura- Rm 3 (30min)		 CORE Karen- Rm 3 (30min)			
5:30pm		 fight Laura- Room 3		 fight Karen- Rm 3			
5:30pm	 SPINNING Allyson- Rm 2	 SPINNING Ryan- Rm 2	Cross Training at Kinesis Andrew- Rm 1 (45min)	 AIDE Jerome-Rm 2	*Starts 11/13* 5:30pm Cross Training at Kinesis Andrew- Rm 1 (45min)		
6:00pm	 CORE Vivi- Rm 3 (30min)		 ZUMBA Angie- Rm 3				
6:30pm	 fight Mike- Rm 3	 POWER Vivi- Rm 3		 POWER Dana- Rm 3			For more information regarding Group Fitness, please contact Melissa Sharp at 624-2750 ext. 42775 or Melissa.Sharp@nchmd.org Visit us at: www.nchmd.org/wellness
7:30pm	 POWER Dana-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>"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>"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® 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>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>Sculpt</p>	<p>Designed to provide a total body strength training workout using free weight.</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>