












GROUP FITNESS SCHEDULE - WHITAKER WELLNESS CENTER - CURRENT SCHEDULE AS OF JANUARY 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	 Jerome Rm 2	 Erica Rm 3	 Denny Rm 2	 Denny Rm 3	 Ryan Rm 2		
8:00am						 Denny Rm 2	
8:30am		Cardio Pump Angela Rm 3		Cardio Pump Angela Rm 3	 Nathalie Rm 2	Interval Training Angela Rm 3	
9:00am			 (30 min) Erica Rm 3				
9:15am	 Erica Rm 2	 Nikki Rm 2	 Nikki Rm 2	 Vince Rm 2			 Ryan Rm 2
9:15am							 Dana Rm 3
9:30am	Interval Training Angela Rm 3	 Laura Rm 3	 Erica Rm 3	 Erica Rm 3	 Heather Rm 3	Abs & Glutes (30min) Angela Rm 3	
10:00am			Barre Fusion Bobbie Lee Rm 3 (Must Sign Up)				
10:15am						 Heather Rm 3	
10:30am	 Angie Rm 1		 Angie Rm 3		Boot Camp Nikki Rm 3		 Ryan Rm 2
10:30am	Abs & Glutes (30min) Angela Rm 3						 Dana Rm 3
11:00am							
11:30am						 Angie Rm 3	
12:30pm		Circuit (30 min) Ryan & Anthony Rm 3		Circuit (30 min) Ryan & Anthony Rm 3			
3:30pm				Barre Fusion Melanie Rm 1 (Must Sign Up)			
4:30pm	 Erica Rm 3	 Karen Rm 3	 Karen Rm 3	 Vivi Rm 3			
5:30pm		Barre Fusion Melanie Rm 1 (Must Sign Up)	 Karla Rm 3		Barre Fusion Bobbie Lee Rm 3 (Must Sign Up)		
5:30pm	 Karen Rm 3	 Erica Rm 3		 Vivi Rm 3		For more information regarding Group Fitness, please contact Bobbi Lee Davenport at 239-596-9200 ex: 122 or BobbieLee.Davenport@nchmd.org Visit us at: www.nchmd.org/wellness	
5:45pm	 Vince Rm 2	 Karla Rm 2	 Ryan Rm 2	 Karla Rm 2			
6:30pm	 Tania Rm 3	Boot Camp Vince Rm 3	Hip Hop Tania Rm 1				

	<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!" **Sign up sheet available at the front desk 30 min prior to class.</p>
	<p>A get-up-and-go freestyle indoor cycle class. An awesome calorie burner! **Sign up sheet available at the front desk 30 min prior to class.</p>
<p>Barre Fusion</p>	<p>A fusion of yoga, ballet barre, and Pilates that works the entire body. Strengthen, lengthen, and stretch your body from top to bottom while working from the core. Light weight strength training and fluid movements will help sculpt and create a long and lean physique.</p>
<p>Cardio Pump</p>	<p>This high intensity interval workout will challenge your aerobic and anaerobic thresholds each time through a combination of cardiovascular and strength training segments. The change of intervals throughout makes for a fun and motivating workout while also maximizing calorie-burn, muscular strength, and endurance.</p>
<p>Interval Training</p>	<p>Total body conditioning workout that combines high intensity cardiovascular and strength training with brief rest intervals in between.</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>Abs and Glutes</p>	<p>The entire core of our body is our physical foundation for everything we do in life. This class will focus on the upper and lower abs, obliques, back muscles, hips and glutes to promote overall health, injury prevention, as well as a "six-pack."</p>
<p>Hip Hop</p>	<p>A fun and high energy dance class that is great exercise too. Learn the latest hip hop moves in a gentle yet challenging format. Focus is placed on hip hop technique, style, attitude, funk, and building choreography blocks. No experience necessary.</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>