## Whitaker Wellness Center
### Group and Specialized Fitness Schedule August 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>RIDE</td>
<td>POWER</td>
<td>Group Cycle</td>
<td>BODY PUMP</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
<td>Group Cycle</td>
</tr>
<tr>
<td>5:30-6:25 a.m.</td>
<td>5:30-6:25 a.m.</td>
<td>5:30-6:25 a.m.</td>
<td>5:30-6:25 a.m.</td>
<td>5:30-6:25 a.m.</td>
<td>5:30-6:25 a.m.</td>
<td>9:55 a.m.</td>
</tr>
<tr>
<td>Jerome– Rm 2</td>
<td>Karen– Rm 3</td>
<td>Jen S.– Rm 2</td>
<td>Jen S.– Rm 3</td>
<td>Ryan– Rm 2</td>
<td>Lynn– Rm 2</td>
<td>Ryan– Rm 2</td>
</tr>
</tbody>
</table>

### Vinyasa Yoga
- 8:30-9:25 a.m. *new class
- Stay Strong!
- 8:30-9:25 a.m.
- Theresa– Rm 1
- Group Cycle
- 8:30-9:25 a.m.
- Theresa– Rm 1
- Multilevel Yoga
- 8:30-9:25 a.m.
- Elizabeth– Rm 1

### Abs & Glutes
- 8:30-9:00 a.m.
- Interval Training
- 8:30-9:25 a.m.
- Angela– Rm 3
- Group Cycle
- 8:30-9:25 a.m.
- Angela– Rm 3

### Interval Training
- 9:45 a.m.
- Group Cycle
- 9:45 a.m.
- Jennifer– Rm 2

### Power Blast
- 11:00 a.m.
- Circuit
- 11:00 a.m.
- Karen– Rm 3

### Barre Fusion
- 11:30 a.m.
- Barre Fusion
- 11:30 a.m.
- Danielle– Rm 3

### Pilates
- 10:30-11:25 a.m.
- Better Back
- 10:30-11:25 a.m.
- Cindy– Rm 1

### Zumba
- 10:30-11:25 a.m.
- Chair Yoga
- 10:30-11:25 a.m.
- Cindy– Rm 1

### Stretch
- 10:30-11:25 a.m.
- Gentle Yoga
- 10:30-11:25 a.m.
- Wendy– Rm 3

### Tai Chi
- 11:30-12:25 p.m.
- Zumba
- 11:30-12:25 p.m.
- Theresa– Rm 2

### Gentle Yoga
- 11:30-12:25 p.m.
- Circuit
- 11:30-12:25 p.m.
- Ryan– Rm 2

### Balance
- 12:30-1 p.m.
- BLAST
- 12:30-1 p.m.
- Ro– Rm 3

### BLAST
- 12:30-1 p.m.
- Multilevel Yoga
- 12:30-1 p.m.
- Debra– Rm 3

<table>
<thead>
<tr>
<th>POWER</th>
<th>BODY PUMP</th>
<th>Group Cycle</th>
<th>Circuit</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-6:25 p.m.</td>
<td>5:30-6:25 p.m.</td>
<td>5:30-6:25 p.m.</td>
<td>6:30-7:25 p.m.</td>
</tr>
<tr>
<td>Laura– Rm 3</td>
<td>Debra– Rm 3</td>
<td>Ryan– Rm 2</td>
<td>Ryan– Rm 3</td>
</tr>
</tbody>
</table>

### Vinyasa Yoga
- 8:30-9:25 a.m. *new class
- BLAST
- 9:55 a.m.
- Danielle– Rm 3

### Power Blast
- 8:30-9:25 a.m. *new class
- BLAST
- 9:55 a.m.
- Haley– Rm 1

### Cardio Kickboxing
- 10:10-11:55 a.m.
- Ro– Rm 1

Please bring your own mat to yoga classes and your own foam roller to foam rolling class.

**Classes subject to changes and cancellations.**

For additional information, please call
(239) 624-6870 or email
Jennifer.Ray@nchmd.org
Visit us at: www.nchmd.org/wellness
www.facebook.com/nchwellness

Text NCHWellness to 77222 to receive class cancellation alerts via text message.

---

**BLUE: Group Fitness Classes**  
**RED: Specialized Fitness Classes**
## WHITAKER WELLNESS CENTER
### PILATES REFORMER SCHEDULE  AUGUST 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level II</td>
<td>Level II &amp; III</td>
<td>Level II &amp; III</td>
<td>Level I &amp; II</td>
<td>Level I &amp; II</td>
<td>Level I &amp; II</td>
<td></td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>10:00 a.m.</td>
<td>9:30 a.m.</td>
<td>10:00 a.m.</td>
<td>10:00 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wendy</td>
<td>Wendy</td>
<td>Wendy</td>
<td>Wendy</td>
<td>Melanie</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Introductory Class
1:00 p.m.
Wendy

*Introductory Class other times by appt.

Introductory Class is a pre-requisite for anyone new to reformer at NCH Wellness.

---

**Pilates Reformer Summer Pkg special July 1st — Aug 31st buy 4 get 1 free.**

Members must stop at the desk to receive a ticket prior to class.

- **Member** - $35/Session* or
  - $130 package of 4 group classes
- **Non-Member** - $50/Session or
  - $180 package of 4 group classes
- **Member Private Sessions** - $80/session or
  - $280 package of 4 private classes
- **Non Member Private Session** - $90/session or
  - $320 package of 4 private classes

**Introductory Session** - $35

*For convenience, you may purchase a package of 4 sessions up front

*Memberships must be active to utilize & purchase pkg sessions at member rate.

For additional information, please call 239-624-6870 or email Jennifer.Ray@nchmd.org

Visit us at:

- [www.nchmd.org/wellness](http://www.nchmd.org/wellness)
- [www.facebook.com/nchwellness](http://www.facebook.com/nchwellness)

---

Socks must be worn during Pilates Reformer Classes.
<table>
<thead>
<tr>
<th>Day</th>
<th>Class Type</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>TRX Strength &amp; Stability</td>
<td>9:30-10:00am</td>
<td>Samantha</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>TRX Extreme</td>
<td>5:30am-6:00am</td>
<td>Sean</td>
</tr>
<tr>
<td></td>
<td>TRX Extreme</td>
<td>9:30am-10:00am</td>
<td>Matt</td>
</tr>
<tr>
<td></td>
<td>TRX Extreme</td>
<td>6:00pm-6:30pm</td>
<td>Leo</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>TRX Power Hour</td>
<td>7:00am-8:00am</td>
<td>Angela</td>
</tr>
<tr>
<td></td>
<td>TRX Extreme</td>
<td>9:30-10:00am</td>
<td>Theresa</td>
</tr>
<tr>
<td></td>
<td>TRX Express (Beginner)</td>
<td>11:30am-12:00pm</td>
<td>Theresa</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>TRX Extreme</td>
<td>5:30am-6:00am</td>
<td>Sean</td>
</tr>
<tr>
<td></td>
<td>TRX Extreme</td>
<td>9:30am-10:00am</td>
<td>Sean</td>
</tr>
<tr>
<td></td>
<td>TRX Express (Beginner)</td>
<td>11:30am-12:00pm</td>
<td>Theresa</td>
</tr>
<tr>
<td></td>
<td>TRX Extreme</td>
<td>4:30pm-5:00pm</td>
<td>Matt</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>TRX Extreme</td>
<td>9:30am-10:00am</td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td>TRX Extreme</td>
<td>9:30-10:00am</td>
<td></td>
</tr>
</tbody>
</table>

**NEW CLASS – STARTING AUGUST 19th!***
**TRX STRENGTH & STABILITY with Samantha**
Challenge your core through total-body strength movements using the TRX straps with this muscle-toning workout. Build a stable, stronger, and more powerful core. Each class will work to balance your strength & flexibility, with an emphasis on challenging the core muscles with each movement.

---

**TRX EXPRESS:** This class is tailored for beginner to intermediate levels, utilizing the TRX Suspension straps. Perfect for first timers that want a constant 30-minute full body workout.

**TRX EXTREME:** This class is 30 minutes of continuous strength and cardio moves designed to push your physical limits through powerful high intensity moves using the TRX straps & body weight exercises, kettlebells, med balls, and battle ropes.

**TRX POWER HOUR:** If you’re serious about your fitness and athletic performance and eager to see results, this non-stop 60-minute metabolic workout is for you. This workout includes challenging total-body strength circuits using the TRX straps, with a variety of equipment, including med balls, battle ropes, landmines, and dynamic body weight exercises.

---

**FREE to NCH Wellness Members!**
Class space is limited. Participation is on a first come first serve basis. **Participants are required to receive a reservation tag from the front desk to hand to the instructor before the class. Tags are only given out 1 hour prior to the scheduled class.**

**TRX Guest Passes** available for $15 per class & use of the facility
**10 Pack TRX Guest Class Pass** available for $120 (Shareable)
**Group Fitness Descriptions**

| **M** GROUP ACTIVE | Group Active® gives you all the fitness training you need — cardio, strength, balance, and flexibility — in just 55 minutes. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. Activate Your Life! |
| **M** GROUP BLAST | Group Blast® is 55-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! |
| **M** GROUP CORE | 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! Functional and integrated exercises using your body weight, weight plates, a towel, and a platform — all to challenge you like never before. HARD CORE! |
| **M** GROUP FIGHT | Group Fight™ is a gripping 55 minutes 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! This electric experience is addictive! FIGHT FOR IT! |
| **M** GROUP POWER | 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! |
| **M** GROUP RIDE | Group Ride® is a huge calorie burner that builds great-looking legs! It’s a 55-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! |

**Group Cycle**

A get-up-and-go freestyle indoor cycle class. An awesome calorie burner!

**Interval Training**

A high intensity interval class that will challenge your aerobic and anaerobic thresholds through a combination of cardiovascular and strength training segments. The change of intervals throughout the class makes for a fun and motivating workout while also maximizing calorie-burning, muscular strength building, and endurance training.

**Cardio Kickboxing**

Kick and punch it into high gear with this sweaty, high energy and stress relieving workout!

**Abs & Glutes**

The entire core of our body is our physical foundation for everything we do in life. This class focuses on the upper and lower abdominals, oblique and back musculature, and hips and glutes to promote overall health, injury prevention, as well as a “six-pack”.

**Total Body Toning**

Use a variety of equipment that will challenge your muscles for a total body workout.

**Strength Training**

A workout with weights and some cardio that will increase your strength and cardio endurance.

**LesMills BODYPUMP**

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit — fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music — helping you achieve much more than on your own! You’ll leave the class feeling challenged and motivated, ready to come back for more.

**LesMills BODYFLOW**

Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You’ll strengthen your entire body and leave the class feeling calm and centered. Happy.

**Circuit**

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 session.

**ZUMBA fitness**

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 their worries away!

---

This symbolizes the MOSSA brand group fitness system. MOSSA is a program established to provide facilities with a wide variety of consistent workouts! Each class is individually choreographed to exciting, motivational music. MOSSA releases new workout routines for each program several times throughout the year. All classes are tested by certified instructors to ensure exercise safety and success. Workouts are created with the purpose to appeal to the largest audience possible!
<table>
<thead>
<tr>
<th>Specialized Fitness Descriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vinyasa Flow Yoga</strong></td>
</tr>
<tr>
<td><strong>Stay Strong!</strong></td>
</tr>
<tr>
<td><strong>Hatha Yoga</strong></td>
</tr>
<tr>
<td><strong>Balance</strong></td>
</tr>
<tr>
<td><strong>PACE</strong></td>
</tr>
<tr>
<td><strong>Foam Rolling</strong></td>
</tr>
<tr>
<td><strong>Beginner Yoga</strong></td>
</tr>
<tr>
<td><strong>Multilevel Yoga</strong></td>
</tr>
<tr>
<td><strong>Chair Yoga</strong></td>
</tr>
<tr>
<td><strong>Gentle Yoga</strong></td>
</tr>
<tr>
<td><strong>Restorative Yoga</strong></td>
</tr>
<tr>
<td><strong>Better Back</strong></td>
</tr>
<tr>
<td><strong>Barre Fusion</strong></td>
</tr>
<tr>
<td><strong>TAI CHI</strong></td>
</tr>
<tr>
<td><strong>Stretch</strong></td>
</tr>
<tr>
<td><strong>Pilates</strong></td>
</tr>
</tbody>
</table>