

# Group Fitness Schedule April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15 - 6:00 am <b>Boot Camp (\$)</b> Dede			6 - 7 am <b>Stretch Yoga Flow</b> Jim	7 - 7:50 am <b>Muscle Max - 50</b> Staff Rotation	
	5:45 - 6:25 am <b>Power Spin 40</b> Julie	6 - 6:45 am <b>Total Body Blast</b> Robin	6 - 6:45 am <b>Warrior Sculpt</b> Robin	6 - 6:45 am <b>HIIT Conditioning</b> Robin	8 - 9 am <b>Sunrise Yoga</b> Jim	
7 - 7:50 am <b>Spinning 50</b> John	6:30 - 7 am <b>Express Tone (30)</b> Julie	7 - 7:45 am <b>Spinning 45</b> Julie	7 - 7:45 am <b>Power Pilates</b> Ann	7:15 - 8 am <b>Tabata Sculpt</b> Lexi	8 - 9 am <b>Cycle 60</b> Staff Rotation	
8:15 - 9:00 am <b>Zumba</b> Kay	7 - 8 am <b>Yoga Flow</b> Ann	8:15 - 9 am <b>Let it Go Hi/Lo</b> Vicki	8:15 - 9:05 am <b>Dynamic Duo - 50</b> Julie	8:15 - 9 am <b>Low Impact Motion</b> Julie	8 - 8:45 am <b>Tabata &amp; Core</b> Staff Rotation	
8:15 - 9 am <b>Aqua Intervals</b> Lynn	8:15 - 9:05 am <b>Strength Condit</b> Vicki	8:15 - 9 am <b>Cardio Splash</b> Kimberly	8:15 - 9 am <b>Power Waves</b> Thea	8:15 - 9 am <b>Sea Surprise</b> Sheri	9:15 - 10:05 am <b>Pilates Mat 101</b> Kathleen	
8:15 - 9 am <b>B . B . S</b> Thea	8:15 - 9 am <b>Aqua Tone</b> Sheri	9:15 - 10 am <b>Aqua Mix</b> Bonnie	9:15 - 10 am <b>Aqua Cardio Blast</b> Kimberly	9:15 - 10 am <b>Aqua Intervals</b> Sheri	9:15 - 10:15 am <b>3--2--1--</b> Staff Rotation	
9:15 - 10 am <b>Aqua Cardio Blast</b> Lynn	8:15 - 9 am <b>Walking&amp;Stretch</b> Thea	9:30 - 10:15 am <b>Pilates.Barre.Fusion</b> Laureen		9:30 - 10:30 am <b>Kickboxing</b> Julie	9:15 - 10 am <b>Sea Surprise</b> Bonnie	
9:30 - 10:15 am <b>Barre</b> Lexi	9:15 - 10 am <b>Aqua Intervals</b> Sheri	9:30 - 10:15 am <b>Threshold Ride</b> Vicki	9:15 - 10:15 am <b>Strength Condit</b> Dede	9:30 - 10:15 am <b>Threshold Ride</b> Lexi	10:15 - 11 am <b>Beg. Friendly Yoga</b> Beth	
9:30 - 10:25 am <b>Extreme Energy</b> Julie	9:15 - 10:15 am <b>All Level Yoga</b> Jim	9:30 - 10:15 am <b>3--2--1--</b> Lexi				
10:30 - 11:30 am <b>Yogalates</b> Julie	9:30 - 10:15 am <b>Cycle 45</b> Vicki	10:30 - 11:15 am <b>Gentle Chair Yoga</b> Laureen	9:30 - 10:15 am <b>Cycle 45</b> Julie	10:30 - 11:15 am <b>S . O . S</b> Liz B.		8 - 9 am <b>Vinyasa Yoga</b> Jeanne
10:30 - 11:15 am <b>Low Impact Motion</b> Vicki	9:30 - 10:15 am <b>Arms &amp; Abs</b> Lexi			11:30 am-12:20 pm <b>Stretch &amp; Align 50</b> Vicki		8:15 - 9 am <b>Aqua ZEN</b> Lynn
11:30 am-12:20 pm <b>Stretch &amp; Align 50</b> Vicki	10:25 - 11:10 am <b>ZUMBA Gold</b> Nori	10:30 - 11:30 am <b>Yogalates</b> Julie	10:25 - 11:10 am <b>ZUMBA Gold</b> Nori			8:15 - 9:05 am <b>Total Body - 50</b> Kimberly
	10:30 - 11:15 am <b>S . O . S</b> Liz B.	11:30 am-12:20 pm <b>Fit,Function,Balance</b> Cathy		12:15 - 1 pm <b>Aqua FLOW</b> Sheri		9:15 - 10 am <b>Aqua Cardio Blast</b> Lynn
12:15 - 1 pm <b>Aqua Circuit</b> Bonnie	11:30 am-12:25 pm <b>Fit,Function,Balance</b> Cathy	12:15 - 1 pm <b>Aqua Tone</b> Bonnie				9:15 - 10:15 am <b>Pilates Mat II</b> Ann
12:30 - 1:15 pm <b>Chair Yoga</b> Jim	12:30 - 1:00 pm <b>Stretch &amp; Flex (30)</b> Cathy	12:30 - 1:00 pm <b>Stretch &amp; Flex (30)</b> Cathy	12:30 - 1:15 pm <b>Chair Yoga</b> Jim			9:30 - 10:30 am <b>Zumba</b> Kay
						10:30 - 11:30 am <b>Beg. Friendly Yoga</b> Jeanne / Jim
4:30 - 5:15 pm <b>Interval Body Blast</b> Sandy	4:45 - 5:30 pm <b>Arms &amp; Abs</b> Staff	4:30 - 5:15 pm <b>Muscle Endurance</b> Honor	4:45 - 5:30 pm <b>Leg Day + Core</b> Kimberly			
4:45 - 5:30 pm <b>Pilates</b> Denice	5:15 - 6 pm <b>Aqua Cardio Blast</b> Lynn		5:15 - 6 pm <b>Aqua Mix</b> Bonnie			
5:30 - 6:15 pm <b>Boot Camp (\$)</b> Honor	5:30 - 6:20 pm <b>Stretch Yoga Flow</b> Peggy	5:45 - 6:35 pm <b>F . I . T - 50</b> Michelle	5:30 - 6:20 pm <b>All Level Yoga Flow</b> Beth			
5:30 - 6:15 pm <b>Strength Condit</b> Vicki	5:45 - 6:30 pm <b>Power Cycle</b> Vicki	6 - 7 pm <b>Yoga</b> Jeanne	5:45 - 6:30 pm <b>Power Cycle</b> Stephanie			
	6:30 - 7:30 pm <b>Zumba</b> From April 21st		6:15 - 7 pm <b>Sea Surprise</b> Bonnie			
6 - 7 pm <b>Yoga for All</b> Michelle		6:30 - 7:30 pm <b>Aqua FIT n' FLOW</b> Bonnie				

- Conference Room 2&3
- Aerobic Studio
- Spin Room
- Swim Pool
- Yard /TURF
- Conference Rooms 2 & 3

- ★ First Friday of the month only
- NEW Class/Format/Instructor
- (\$) **Specialty Paid Classes**

For more info please visit our classes at <https://nchwc.thememberspot.com/classes> .For more info call us at 847.618.3501

**Class instructor and formats are subject to change without notice**