

Group Fitness Schedule

Effective Sunday, January 1, 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am							BodyPump Vanessa
8:30 am		BodyPump Tina	20/20/20 Tina	Pilates Sally	Muscle Force Kaki	Step Paula	
9:00 am	Cycle staff	Deep Circuit Amy	Waterworks Jane Cycle Amy	Deep Circuit Haley	Waterworks Amy Cycle Kristina	Deep Circuit Julie	Waterworks Mayra POUND Kelly
9:45 am		Fit 4 All Sally	Pilates Katrina	Step Linda	Fit 4 All Sally	Slow Step Paula	
10:00 am	Yin Yoga Julie/Haley		Gentle Yoga Cyndi		Vinyasa Flow Cristina	Chair Pilates Katrina	ZUMBA Flo
11:00 am		Chair Yoga Cyndi Fit & Strong Linda	Chair Pilates Katrina Tabata Training Amy	Chair Yoga Linda Fit & Strong Paula	Fit & Strong Paula	Pilates Susan	
11:30 am							Hatha Yoga Haley
12:15 pm		Muscle Force Express (30) Stacy		Cycle (30) Stacy		Muscle Force Express (30) Stacy	
4:00 pm		Gentle Yoga Brooke	Restorative Yoga Gaile	Yin Yoga Haley	Pilates Katrina	Restorative Yoga Gaile	
5:15 pm			BodyPump Deb	Core (15) Kaki	BodyPump Tina		
5:30 pm		Muscle Force (45) Troy		Step (45) Kaki		Muscle Force Wendy/Tina	
6:15 pm			POUND Kelly	Power Yoga Julie	ZUMBA Mayra		
6:30 pm		HIIT (30) Troy					

Classes are 55 minutes in length unless otherwise noted. | Check-in required at the NTC Welcome Desk. | Pool Classes are highlighted in **light aqua**. | NTC Classroom Classes are highlighted in **grey**.

Class Descriptions

Chair Yoga - Gentle yoga using a chair. Great for beginners and those who don't want to get on the floor.

Core - a 15-minute intense core workout.

Cycle - An incredible low-impact cardiovascular workout that targets the lower body. Ride hills, flats, mountain peaks, time trials & interval training. All fitness levels welcome!

Deep Circuit - Meet our instructor on the pool deck and get ready to challenge your heart & muscles in this cool, non-impact workout.

Fit 4 All - Low impact cardio & strength training designed to improve endurance, strength, balance & flexibility. Perfect for all levels.

Fit & Strong - This standing class incorporates cardio exercise & total body strength training. Chairs are available for support.

Gentle Yoga - This class uses alignment based, slower paced movements focusing on increasing balance, strength & flexibility. A great stretch for the entire body.

Hatha Yoga - Learn to reduce tension & stress by focusing on proper breathing, stretching and relaxation movements. Great for all levels.

HIIT - High Intensity Interval Training utilizes timed intervals that are guaranteed to torch calories, raise your heart rate and fitness level!

Les Mills BODYPUMP - A focus on low weight loads and higher repetitions to help you burn fat, gain strength and produce lean muscle.

Muscle Force - An intense muscle conditioning/sculpting workout using hand weights, stability balls and resistance techniques.

Pilates - This body conditioning class focuses on core strength and muscle toning while working to improve flexibility. Chair, Beginner/Intermediate Levels Offered.

Pound - A full-body cardio jam session, using Ripstix®, lightly weighted exercise drumsticks. Torch calories while rocking out to your favorite music!

Power Yoga - Encourages you to reach your full potential through a series of more challenging postures linking breath with movement. Modifications are always available.

Restorative Yoga - A slowly guided, relaxing practice using props & support to open, nourish and restore the body.

Slow Step - All the step routines you love, just at a slower tempo that's safe & manageable for everyone!

Step - A high-intensity workout stepping up, down, around & over an adjustable platform. Great cardio & leg workout!

Tabata Training - Short, timed intervals of cardio & strength, sure to get your heart pumping and muscles working. Designed for all levels. Chair options available.

Vinyasa Flow - "Vinyasa" = combination of movement with breath. Stretch, strengthen, challenge and relax the body. Strong beginners to intermediate.

Water Works - Held in the pool's shallow end, this invigorating class will teach you to increase your range of motion & balance through changes in resistance, intensity & speed.

Yin Yoga - Is a passive practice where seated postures are held for longer periods of time. Yoga blocks, blankets & straps may be used to assist and are provided.

Zumba - Fusing Latin & International music, join the fun in the world's only dance fitness party!

20/20/20 - Three 20-minute segments of cardio exercise, strength/conditioning and core/stretching. This workout hits it all!