



2018 Group Exercise Schedule

Effective April 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 7:30 Sunrise Stretch NFC Staff	7:00 – 7:30 HIIT Aaron	7:00 – 7:30 Cycle 30 Jessica	7:00 – 7:30 Sunrise Stretch Jessica	
11:15 – 12:00 Wild Card Cycle Jessica	11:15 – 12:00 Kettlebell Boot Camp Daisha	11:15 – 12:00 Buns & Guns Aaron	11:15 – 11:45 Power Core Daisha	11:15 – 12:00 Cardio, Strength, Flexibility, Balance 12:00 – 12:15 Abs Blast Aaron
12:05 – 1:05 Balance Yoga Anil	12:05 – 12:50 Zumba Traci	12:05 – 12:50 BANG! 12:50 – 1:05 Abs Blast Patrice	12:20 – 1:05 Step & Strength Julie	12:20 – 1:20 Yoga Sheree
1:10 – 1:55 Locomotion 1:55 – 2:10 Abs Blast Julie		1:10 – 2:10 Balance Yoga Anil		1:25 – 2:10 Cycle 45 NFC Staff
5:15 – 6:00 Buns & Guns 6:00 – 6:15 Abs Blast NFC Staff	5:15 – 6:00 Body Sculpt Jessica	5:15 – 6:00 Cycle Strong 6:00 – 6:15 Abs Blast Aaron	5:15 – 6:15 Yoga Omar	