

# 2018 GROUP EXERCISE SCHEDULE

\*Effective May 1, 2018\*

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