

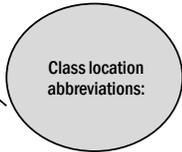
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<b>TRX</b> 5:00-5:45am (CT) Sara	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Works</b> 8:00-9:00am (P) Susan	
	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Turbo Kick®</b> 7:00-8:00am (RCU) Melanie	<b>Water Works</b> 8:00-9:00am (P) Christina	<b>Turbo Kick®</b> 7:00-8:00am (RCU) Melanie	<b>Aqua Explosion</b> 8:00-9:00am (P) Jeff	<b>BodyPump™</b> 8:15-9:15am (WF) Laura	
	<b>Cardio Kickboxing</b> 7:00-7:45am (WF) Stephanie	<b>Aqua Blast (deep water)</b> 8:00-9:00am (P) Edna	<b>BodyBalance</b> 8:25-9:25am (WF) Aimee	<b>Water Works</b> 8:00-9:00am (P) Christina	<b>BodyBalance</b> 8:25-9:25am (WF) Aimee		
	<b>Water Works</b> 8:00-9:00am (P) Christina	<b>BodyPump™</b> 8:30-9:30am (WF) Laura	<b>Water Works</b> 9:00-10:00am (P) Susan	<b>BodyPump™</b> 8:30-9:30am (WF) Laura	<b>Aqua Explosion</b> 9:00-10:00am (P) Jeff		
	<b>Water Works</b> 9:00-10:00am (P) Susan	<b>Aqua Blast</b> 9:00-10:00am (P) Edna		<b>Water Works</b> 9:00-10:00am (P) Susan	<b>Cardio Kickboxing</b> 9:40-10:25am (WF) Stephanie		
		<b>Strength II</b> 9:30-10:30am (RCU) Rochelle		<b>Strength II</b> 9:30-10:30am (RCU) Rochelle			
		<b>SilverSneakers® Classic</b> 10:45-11:30am (RCU) Aletha		<b>SilverSneakers® Classic</b> 10:45-11:30am (RCU) Aletha			



We have a Fitness on Demand system so you can participate in a class whenever you are at the Centre. **Talk to our Fitness Desk Staff or Welcome Center Staff and we'll get a class started for you!**

PM	<b>AquaAttack/CORE Combo</b> 12:00-1:00pm (P) Edna	<b>BodyAttack™</b> 5:15-6:00pm (WF) Sara	<b>AquaAttack/CORE Combo</b> 12:00-1:00pm (P) Edna	<b>Aqua Strength</b> 4:00-5:00pm (P) Ruth
	<b>Zumba®</b> 5:00-6:00pm (RCU) Nicole		<b>Aqua Strength</b> 4:00-5:00pm (P) Ruth	<b>Aqua Strength</b> 5:00-6:00pm (P) Ruth
	<b>Boot Camp</b> 5:00-6:00pm (WF) Dirk		<b>Aqua Strength</b> 5:00-6:00pm (P) Ruth	<b>Turbo Kick®</b> 5:00-6:00pm (RCU) Melanie
	<b>Kettlebells</b> 6:30-7:30pm (CT) Dirk		<b>Zumba®</b> 5:00-6:00pm (RCU) Nicole	<b>Aqua Strength</b> 6:00-7:00pm (P) Ruth
			<b>TRX</b> 5:15-6:00pm (CT) Sara	<b>Kettlebells</b> 6:30-7:30pm (CT) Dirk
			<b>BodyPump™</b> 5:30-6:30pm (WF) Laura	
			<b>Aqua Strength</b> 6:00-7:00pm (P) Ruth	
			<b>Kettlebells</b> 6:30-7:30pm (CT) Dirk	

**Class Locations:**  
WF Westfields Studio  
RCU RCU Studio  
CT Cross Training Studio  
P Pool



For more information please contact: Dan Chapman, Aquatics & Sports Manager, at dchapman@nrcentre.com or 715-243-0850 or Darian Blattner, Executive Director, at dblattner@nrcentre.com or 715-243-0851

**Facility Hours**

	May - September	October - April
Monday - Friday	4:45 AM - 8:00 PM	4:45 AM - 9:00 PM
Saturday - Sunday	6:00 AM - 6:00 PM	6:00 AM - 6:00 PM

**Kids Kove Hours**

	May - September	October - April
Monday - Friday	8:00 AM - 12:00 PM & 4:00 PM - 6:45 PM	8:00 AM - 12:00 PM & 4:00 PM - 7:00 PM
Saturday	8:00 AM - 12:00 PM	8:00 AM - 12:00 PM
Sunday	Closed	10:30 AM - 1:00 PM

Please note that all program areas close 15 minutes before the facility.

Updated 07/21/2022

## Class Descriptions and Difficulty

All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. All classes can be modified to meet the needs of the participants.

## Group Exercise Age Policy

- Must be 10+ years old to participate in select Group Exercise Classes, see specific age requirements for each class.
- Youth ages 10-15 must complete the Youth Fitness Orientation and obtain a wristband each visit.
- Youth under the age of 15 years must have a parent/guardian present in the class.

## Fitness on Demand (variety of classes offered)

**Cycling:** Get ready to focus on endurance, strength, intervals, high intensity, and recovery on our stationary exercise bicycles.

**Strength:** Build strength, get lean and toned, and develop coordination and balance.

## Full Body Cardio and Fat Burning

**BodyAttack™ (3.5):** This sports-inspired cardio workout is perfect for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. BodyAttack™ is available as either a 55, 45 or 30-minute workout. Ages 12+

**BodyPump™ (3):** This is the original barbell class that strengthens your entire body. It will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you want! Ages 12+

**Boot Camp (3.5):** This is a total body strength and conditioning workout. The focus will be on strengthening the body's muscles with short bursts of cardio to get the heart pumping. This group class will push you to a level you might never reach on your own! Ages 12+

**Cardio & Conditioning (3):** A full body conditioning workout alternating between rounds of cardio moves and isolation exercises with body weight and hand weights to tone your major muscle groups. Ages 12+

**Cardio Kickboxing (3):** This class uses mixed martial arts inspired combinations of punches and kicks (non-contact), to high energy music. Come to class ready to destroy calories, and work every muscle group. Ages 12+

**Kettlebells (4):** Kettlebell training is unique because you can train both cardiovascular and anabolic systems in one go. Simply put you can increase your overall fitness and tone up your muscles. You will burn fat, tone muscle, and increase cardiovascular endurance. Ages 15+ (Age 15 must have parent/guardian present)

**Total Body Fitness (3):** This interval-based class combines full-body strength training with cardio bursts designed to tone your body and improve your strength and endurance.

**TRX (4):** The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. You are in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. TRX training will build strength, flexibility, balance, and mobility all at the intensity you choose. Participation is limited to 8 per class. Please obtain a class pass from the Welcome Center no more than 30 minutes prior to the class. Ages 15+ (Age 15 must have parent/guardian present)

**Turbo Kick® (3):** Practice your boxing punches and martial arts kicks to an aerobic pace. This class will get your heart pumping and your mind working with fun and effective choreography. Great for all levels. Ages 10+

## Zumba/Dance

**Zumba® (2):** Dance your way to a fitter you! Exciting and unique Latin choreography and rhythms are combined with hip-hop and international music to make a workout that is fun every time. If you can march, you can Zumba®! Ages 10+

## Seniors

**SilverSneakers® Classic (1):** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Strength II (2):** A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work.

## Yoga/Meditation

**BodyBalance (formerly BodyFlow) (3):** This Yoga, Pilates, and Tai Chi workout leaves you feeling long, strong, centered, and calm. It's your personal time out from the stress and strains of daily life. It will truly enhance your physical and mental well-being. Ages 10+

## Aquatics

**Aqua Attack/CORE Combo (2.5):** An energizing, powerful, uplifting, and a fun effective way to burn calories and tone your muscles. Cardio movements will include kickboxing and other aerobic moves while emphasizing a strong focus on your core (abdominals, posture, vertebrae and buttocks).

**Aqua Blast (2.5):** A total low impact aerobic workout using shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

**Aqua Explosion (2):** This class is a mix of water resistance exercise and range of motion practices utilizing paddles, foam dumbbells, and water noodles.

**Aqua Moves (2):** A total low impact aerobic workout using both shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

**Aqua Strength (5):** This class will work your muscles with little bit of cardio.

**Aqua Stretch (1):** This class is like being stretched by an athletic trainer. Movements stretching most muscle groups will be performed using weights and noodles, helping your body stay flexible. We will be using various depths of water.

**SilverSplash® (1.5):** Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

**Water Moves (1.5):** The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from an injury, or pregnant.

**Water Works (3):** A fun, energetic class that can be adapted to your own level with a balanced focus on upper body and lower body exercises. Join us for lively discussions, laughter, and fun (with a little exercise on the side)!

(Ages 12-14 must have an adult with them to participate, at the instructor's discretion.)