



# Group Exercise & AquaWorks Schedule

November 16 - December 30

425 E 5th St  
New Richmond WI 54017  
715-246-2252  
www.nrcentre.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	<b>BodyAttack™</b> 5:00-6:00am Sara Westfields Studio	<b>HIIT</b> 5:00-5:45am Melinda Westfields Studio	<b>BodyPump™</b> 5:00-6:00am Jess Westfields Studio	<b>Tabata</b> 5:00-6:00am Erin Westfields Studio	<b>Biker Barre</b> 5:00-6:00am Erin RCU Studio	<b>Tabata</b> 7:10-8:10 Erin Westfields Studio	<b>BodyCombat™</b> 8:20-9:20am Valerie Westfields Studio	
	<b>Water Moves</b> 6:45-7:30 AM Betty Pool	<b>Spin</b> 5:30-6:30am Mitchell RCU Studio	<b>Water Moves</b> 6:45-7:30 AM Betty Pool	<b>Spin</b> 5:30-6:30am Mitchell RCU Studio	<b>BodyAttack™</b> 5:00-6:00am Sara Westfields Studio	<b>BodyPump™</b> 8:20-9:20am Lynn/Laura Westfields Studio	<b>BodyPump™</b> 9:30-10:30am Laura Westfields Studio	
	<b>WERQ Dance</b> 8:15-9:15am Shelli RCU Studio	<b>Water Moves</b> 6:45-7:30 AM Betty Pool	<b>BodyFlow™</b> 8:25-9:25am Lynn Westfields Studio	<b>Total Body Strength</b> 6:05-6:50am Melinda Westfields Studio	<b>Kettlebells</b> 6:00-6:30am Nick Cross Training Studio	<b>BodyFlow™</b> 9:30-10:30am Lynn/Aimee Westfields Studio	<b>BodyFlow™</b> 10:40-11:40am Valerie Westfields Studio	
	<b>BodyFlow™</b> 8:25-9:25am Lynn Westfields Studio	<b>Turbo Kick®</b> 7:00-8:00am Melanie RCU Studio	<b>Aqua Resistance</b> 9:00-10:00 AM Marie Pool	<b>Water Moves</b> 6:45-7:30 AM Betty Pool	<b>BodyFlow™</b> 8:25-9:25am Aimee Westfields Studio			
	<b>BodyPump™</b> 9:35-10:35am Lynn Westfields Studio	<b>Aqua Blast (deep water)</b> 8:00-9:00 AM Edna Pool	<b>BodyPump™</b> 9:35-10:35am Laura Westfields Studio	<b>Turbo Kick®</b> 7:00-8:00am Melanie RCU Studio	<b>Aqua Resistance</b> 9:00-10:00 AM Aletha Pool			
	<b>Zumba® Gold</b> 9:45-10:30am Dana RCU Studio	<b>Long and Lean</b> 8:20-9:20am Jeanna RCU Studio	<b>SilverSneakers® Classic</b> 9:45-10:30am Amanda RCU Studio	<b>Aqua Blast (deep water)</b> 8:15-9:15 AM Marie Pool	<b>BodyPump™</b> 9:35-10:35am Jessica Westfields Studio			
	<b>SilverSneakers® Stability</b> 10:45-11:30am Dana RCU Studio	<b>Tight N' Tone</b> 8:30-9:15am Jenn Westfields Studio	<b>SilverSneakers® Yoga</b> 10:45-11:30am Jeanna RCU Studio	<b>Long and Lean</b> 8:20-9:20am Jeanna RCU Studio	<b>Zumba® Gold</b> 9:45-10:30am Dana RCU Studio			
		<b>Aqua Blast</b> 9:00-10:00 AM Edna Pool		<b>Aqua Blast</b> 9:15-10:15 AM Marie Pool	<b>SilverSneakers® Yoga</b> 10:45-11:30am Dana RCU Studio			
		<b>Strength II</b> 9:30-10:30am Rochelle RCU Studio		<b>Strength II</b> 9:30-10:30am Rochelle RCU Studio				
		<b>BodyCombat™</b> 9:35-10:35am Cortney Westfields Studio		<b>BodyCombat™</b> 9:35-10:35am Cortney Westfields Studio				
	<b>SilverSneakers® Classic</b> 10:45-11:30am Aletha RCU Studio		<b>SilverSneakers® Classic</b> 10:45-11:30am Jeanna RCU Studio					

PM	<b>AquaAttack/CORE Combo</b> 12:00-12:45 PM Edna Pool	<b>BodyPump™</b> 12:10-1:10pm Lynn Westfields Studio	<b>AquaAttack/CORE Combo</b> 12:00-12:45 PM Edna Pool	<b>BodyPump™</b> 12:10-1:10pm Lynn Westfields Studio	<b>WERQ Dance</b> 4:30-5:30pm Shelli RCU Studio
	<b>Boot Camp</b> 4:45-5:45pm Dirk Westfields Studio	<b>BodyAttack™</b> 5:15-6:00 Sara Westfields Studio	<b>Boot Camp</b> 4:45-5:45pm Dirk Westfields Studio	<b>Tight N' Tone</b> 5:15-6:00pm Jenn RCU Studio	
	<b>Zumba®</b> 5:00-6:00pm Nicole RCU Studio	<b>Aqua Resistance (deep water)</b> 6:15-7:00 PM Aletha Pool	<b>Zumba®</b> 5:00-6:00pm Nicole RCU Studio	<b>BodyAttack™</b> 5:15-6:00pm Sara Westfields Studio	
	<b>BodyPump™</b> 6:10-7:10pm Laura Westfields Studio		<b>TRX</b> 5:15-6:00pm Sara Cross Training Studio	<b>BodyPump™</b> 6:10-7:10pm Laura Westfields Studio	
	<b>Aqua Resistance</b> 6:15-7:00 PM Tess Pool		<b>Turbo Kick®</b> 6:00-7:00pm Melanie Westfields Studio	<b>Aqua Resistance</b> 6:15-7:00 PM Tess Pool	
	<b>Kettlebells</b> 6:30-7:30pm Dirk Cross Training Studio		<b>Kettlebells</b> 6:30-7:30pm Dirk Cross Training Studio	<b>WERQ Dance</b> 6:30-7:30pm Shelli RCU Studio	
			<b>Kettlebells</b> 6:30-7:30pm Dirk Cross Training Studio		



For more information please contact Kayla Bertram,  
Workplace Wellness Manager, at  
kbertram@nrcentre.com or 715-243-0843.

**Facility Hours**

	October - April	May - September
Monday - Thursday	4:45 AM - 10:00 PM	4:45 AM - 9:00 PM
Friday	4:45 AM - 9:00 PM	4:45 AM - 8:00 PM
Saturday - Sunday	7:00 AM - 9:00 PM	7:00 AM - 8:00 PM

**Kids Kove Hours**

Monday - Friday	8:00 AM - 12:00 PM & 4:15 PM - 8:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday (Oct - April)	10:30 AM - 1:00 PM
Sunday (May - Sept)	Closed

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

## Class Descriptions and Difficulty

All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. Regardless of ranking, 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.

## Full Body Cardio and Fat Burning

**Biker Barre (3):** A half hour class of Spin and Barre. Ride to heart-pumping music-driven cardio fun on a bike. This class is great for beginners and advanced riders alike because the level of intensity is up to you. Barre is inspired by pilates, dance, and yoga with an emphasis on movements that will tone and strengthen your entire body in no time, while making sure you never get bored. Participation is limited to 12 per class. Please obtain a class pass from the Welcome Center no more than 30 minutes prior to the class. Ages 10+

**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+

**BodyCombat™ (3.5):** BodyCombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. 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+

**HIIT (3.5):** High intensity interval training is designed to help you burn more fat, increase endurance, and build strength! The workout includes 30-60 second bursts of high intensity exercise followed by a period of low intensity exercise. Ages 16+

**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. 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)

**Spin (3):** Class combines endurance and strength building techniques to improve your fitness and maximize power output and efficiency. 13 spin bikes available per class on a first come first serve basis or bring your own bike and trainer to class. Ages 12+

**Tabata (3.5):** A type of high intensity interval training (HIIT) that follows the following format- 20 seconds of high intensity exercise followed by 10 seconds of rest, repeat 8 times for a total of 4 minutes per exercise. Ages 16+

**Tight N' Tone (2):** Mix your cardio and muscle strength training to see results. This class is for ALL fitness levels. We will get your heart rate up and build your body at the same time. The primary focus will be on core and glute toning and strengthening. Ages 10+

**Total Body Strength (3):** This non-aerobic class brings weight training and body sculpting to the studio in a group format. Training barbells plus hand weights are used for split sets, pyramid sets and more. Weight training helps shape and strengthen muscles while building your body to use more calories during cardio workouts. Ages 10+

**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+

## 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.

**SilverSneakers® Yoga (1):** Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SilverSneakers® Stability (2):** Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. It is recommended that participants are able to stand for at least 35 minutes.

**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.

**Zumba® Gold (1):** Zumba® is known for zesty Latin music (salsa, merengue, cumbia, and reggaeton) the exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere. This class is the perfect fit for active older adults who want camaraderie, excitement, and fitness as a regular part of their weekly schedule. It's a dance-fitness class that feels friendly, and most of all, fun.

## Yoga

**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+

**Long & Lean (2):** A fusion (blend) of Pilates and Yoga with an emphasis on the core of the body to strengthen the Abdominals, improve posture, stabilize and elongate muscles and to improve overall balance and strength from the inside out. All levels of fitness welcome as modifications will be given. Mats are provided. Ages 10+

## Zumba/Dance

**WERQ Dance (2):** It's the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps so you get the best sweat. Each week new routines are introduced so you get to WERQ the routines you know and challenge yourself with new ones. Ages 10+

**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+

## 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 both shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

**Aqua Resistance (2):** Similar to a resistance band strength class, but in the water and without the bands. This class is great for building strength and tone muscles. Open to all abilities.

**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.

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