

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|----|--|---|--|---|--|---|---|--|
| AM | TRX 5:00-5:45am Sara Cross Training Studio | Tabata 5:00-6:00am Erin Westfields Studio | Cycling 5:15-6:15am Fitness on Demand RCU Studio | Boot Camp 5:00-6:00am Erin Westfields Studio | Water Moves 7:00-7:45am Betty Pool | BodyPump™ 8:15-9:15am Laura Westfields Studio | Strength 10:00-11:00am Fitness on Demand RCU Studio | |
| | Cycling 5:15-6:15am Fitness on Demand RCU Studio | Water Moves 7:00-7:45am Betty Pool | Water Moves 7:00-7:45am Betty Pool | TRX 5:00-5:45am Sara Cross Training Studio | Aqua Explosion 8:00-9:00am Jeff Pool | Saturday Summer Sampler 9:30 AM - 10:30 AM | | |
| | Water Moves 7:00-7:45am Betty Pool | Turbo Kick® 7:00-8:00am Melanie RCU Studio | BodyFlow™ 8:25-9:25am Aimee Westfields Studio | Water Moves 7:00-7:45am Betty Pool | BodyFlow™ 8:25-9:25am Aimee Westfields Studio | June 12 Kettlebells Dirk Cross Training Studio | | |
| | Aqua Blast 9:00-10:00am Aletha Pool | Aqua Blast (deep water) 8:00-9:00am Edna Pool | Aqua Blast 9:00-10:00am Kaitlyn Pool | Turbo Kick® 7:00-8:00am Melanie RCU Studio | Aqua Explosion 9:00-10:00am Jeff Pool | June 19 Strength Rochelle RCU Studio | | |
| | | Compassionate Yoga 8:20-9:20am Sierra RCU Studio | Lengthen & Strengthen 9:00-10:00am Aletha RCU Studio | WERQ 8:15-9:15am Tricia Westfields Studio | | June 26 WERQ Tricia RCU Studio | | |
| | | Aqua Blast 9:00-10:00am Edna Pool | | Compassionate Yoga 8:20-9:20am Sierra RCU Studio | | July 10 Goddess Yoga Brittany RCU Studio | | |
| | | Strength II 9:30-10:30am Rochelle RCU Studio | | SilverSplash® 9:00-10:00am Deanna Pool | | July 17 Turbo Kick Melanie RCU Studio | | |
| | | BodyPump™ 9:30-10:30am Laura Westfields Studio | | Strength II 9:30-10:30am Rochelle RCU Studio | | July 24 Compassionate Yoga Sierra RCU Studio | | |
| | | SilverSneakers® Classic 10:45-11:30am Amanda RCU Studio | | BodyPump™ 9:30-10:30am Laura Westfields Studio | | July 31 Yoga Sculpt Sara RCU Studio | | |
| | | | | SilverSneakers® Classic 10:45-11:30am Amanda RCU Studio | | August 7 Tabata Erin Westfields Studio | | |
| | | | | | August 14 SilverSneakers® Classic Amanda RCU Studio | | | |
| | | | | | August 21 BodyFlow Aimee Westfields Studio | | | |
| | | | | | August 28 TRX Sara Cross Training Studio | | | |

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| PM | AquaAttack/CORE Combo 12:00-1:00pm Edna Pool | Aqua Strength 4:00-5:00pm Ruth Pool | AquaAttack/CORE Combo 12:00-1:00pm Edna Pool | Aqua Stretch 12:00-1:00pm Tabitha Pool | Aqua Burn & Tone 1:00-2:00pm Kaitlyn Pool | | |
| | Boot Camp 5:00-6:00pm Dirk Westfields Studio | Aqua Explosion 5:00-6:00pm Jeff Pool | Aqua Strength 4:00-5:00pm Ruth Pool | Aqua Strength 4:00-5:00pm Ruth Pool | Kettlebells 5:30-6:30pm Dirk Cross Training Studio | | |
| | Aqua Burn & Tone 4:00-5:00pm Kaitlyn Pool | BodyAttack™ 5:15-6:00pm Sara Westfields Studio | Aqua Moves 5:00-6:00pm Kyron Pool | Aqua Strength 5:00-6:00pm Ruth Pool | | | |
| | Zumba® 5:00-6:00pm Nicole RCU Studio | WERQ 5:15-6:15pm Tricia RCU Studio | Zumba® 5:00-6:00pm Nicole RCU Studio | Turbo Kick® 5:00-6:00pm Melanie RCU Studio | | | |
| | Kettlebells 6:30-7:30pm Dirk Cross Training Studio | Yoga Flow 6:30-7:30pm Brittany RCU Studio | TRX 5:15-6:00pm Sara Cross Training Studio | | | | |
| | | | BodyPump™ 5:30-6:30pm Laura Westfields Studio | | | | |
| | | | Kettlebells 6:30-7:30pm Dirk Cross Training Studio | | | | |



We have a Fitness on Demand system so you can participate in a class whenever you are at the Centre or take one of our pre-scheduled Fitness on Demand classes. **Talk to our Fitness Desk Staff or Welcome Center Staff and**



For more information please contact: Kyron Cauldero, Aquatics Manager, at kcauldero@nrcentre.com or 715-243-0850
Darian Blattner, Executive Director, at dblattner@nrcentre.com or 715-243-0851

Facility Hours:

Monday - Friday 4:45 AM - 8:00 PM
Saturday - Sunday 6:00 AM - 6:00 PM

Kids Kove Hours:

Monday - Friday 8:00 AM - 12:00 PM & 4:00 PM - 6:45 PM
Saturday 8:00 AM - 12:00 PM
Sunday 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. 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+

Dumbbells (4): Dumbbell 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)

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)

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+

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

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+

Seniors

Lengthen & Strengthen (2): Strengthen your muscles the eccentric way! Get a full-body workout that simultaneously stretches and strengthens the muscles, using only your body weight. Loosen connective tissue to increase flexibility and reduce stiffness. You'll leave feel energized. Participants must be able to do floor work on a mat.

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

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+

Compassionate Yoga (1-3): This class is for all ages looking for a beginner or lower intensity yoga class. Focusing on mindfulness, breathing, joint flexibility, and basic yoga postures to strengthen the connection between your mind, body, and spirit. Posture modifications will be suggested for varying abilities, so if you want to do more advanced poses you are welcome to do so. Yoga can help lower anxiety, increase circulation, and strengthen muscles. Ages 10+

Yoga Flow (3): Yoga Flow is about connecting the mind and body through asana (pose) and breath work. Helping you become more confident, honoring yourself, your abilities, and trusting in your body. Yoga helps reduce stress, improve balance, flexibility, and builds strength. Class will have modifications for poses to deepen your practice or for you to have a gentle flow. Ending with savasana, a moment of meditating rest to let the body and mind absorb the practice. 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 Burn & Tone (3): Aerobic activities mixed with high-energy anaerobic training. Increase your metabolism, burn fat, and improve cardio respiratory fitness. Add the resistance of the water and you also benefit from improved muscle tone.

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.

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