



Group Exercise Schedule

September - December

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	TRX 5:00-5:45am (CT) Sara	Total Body Fitness 5:00-5:45am (WF) Sara	Water Moves 7:00-7:45am (P) Betty	TRX 5:00-5:45am (CT) Sara	Body Attack™ 5:00-6:00am (WF) Sara	Water Works 8:00-9:00am (P) Susan	
	Water Moves 7:00-7:45am (P) Betty	Water Moves 7:00-7:45am (P) Betty	Water Works 8:00-9:00am (P) Christina	Water Moves 7:00-7:45am (P) Betty	Water Moves 7:00-7:45am (P) Betty	BodyPump™ 8:15-9:15am (WF) Laura	
	Kickboxing 7:45-8:30am (WF) Stephanie	Turbo Kick® 7:30-8:30am (RCU) Melanie	BodyBalance 8:25-9:25am (WF) Aimee	Turbo Kick® 7:30-8:30am (RCU) Melanie	AquaLibrium 8:00-9:00am (P) Jeff		
	Water Works 8:00-9:00am (P) Christina	Aqua Blast (deep water) 8:00-9:00am (P) Edna	Water Works 9:00-10:00am (P) Susan	Water Works 8:00-9:00am (P) Christina	BodyBalance 8:25-9:25am (WF) Aimee		
	Yoga 8:30-9:30am Fitness on Demand	BodyPump™ 8:30-9:30am (WF) Laura		BodyPump™ 8:30-9:30am (WF) Laura	AquaLibrium 9:00-10:00am (P) Jeff		
	Water Works 9:00-10:00am (P) Susan	Aqua Blast 9:00-10:00am (P) Edna		Yoga 8:45-9:15am Fitness on Demand	Kickboxing 9:40-10:25am (WF) Stephanie		
		Strength II 9:30-10:30am (RCU) Rochelle		Water Works 9:00-10:00am (P) Susan	Step & Groove (easy dance) 10:00-11:00am Fitness on Demand		
		SilverSneakers® Classic/ Senior Fitness 10:45-11:30am (RCU) Aletha/Laura		Strength II 9:30-10:30am (RCU) Rochelle			
			SilverSneakers® Classic/ Senior Fitness 10:45-11:30am (RCU) Aletha/Laura				
PM	AquaAttack/CORE Combo 12:00-1:00pm (P) Edna	BodyAttack™ 5:15-6:15pm (WF) Sara	AquaAttack/CORE Combo 12:00-1:00pm (P) Edna	Water Strength 4:00-5:00pm (P) Ruth			
	Group Cycle 4:10-4:50pm (RCU) Jenna		Group Cycle 4:10-4:50pm (RCU) Jenna	Water Strength 5:00-6:00pm (P) Ruth			
	Zumba® 5:00-6:00pm (RCU) Nicole		Water Strength 4:00-5:00pm (P) Ruth	Turbo Kick® 5:00-6:00pm (RCU) Melanie	Class Locations: WF Westfields Studio RCU RCU Studio CT Cross Training Studio P Pool		
	Boot Camp 5:00-6:00pm (WF) Dirk		Water Strength 5:00-6:00pm (P) Ruth	Kettlebells 6:30-7:30pm (CT) Dirk			
	Water Works 6:00-7:00pm (P) Christina		Zumba® 5:00-6:00pm (RCU) Nicole		<p>You can participate in a class whenever you are at the Centre with Fitness on Demand! Talk to our Fitness Desk Staff or Welcome</p>		
	Kettlebells 6:30-7:30pm (CT) Dirk		TRX 5:15-6:00pm (CT) Sara				
		Kettlebells 6:30-7:30pm (CT) Dirk					

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	8:15 AM - 12:00 PM & 4:00 PM - 6:45 PM	8:15 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.