

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
AM	TRX 5:00-5:45am Sara Cross Training Studio	Boot Camp 5:00-6:00am Erin Westfields Studio	BodyPump™ 5:00-6:00am Jessica Westfields Studio	Tabata 5:00-6:00am Erin Westfields Studio	Biker Barre 5:00-6:00am Erin RCU Studio	Tabata 7:10-8:10 Erin Westfields Studio	BodyCombat™ 8:15-9:15am Valerie Westfields Studio	
	BodyAttack™ 5:00-6:00am Lora Westfields Studio	Spin 5:30-6:30am Mitchell RCU Studio	Water Moves 6:45-7:30 AM Betty Pool	Spin 5:30-6:30am Mitchell RCU Studio	BodyAttack™ 5:00-6:00am Lora Westfields Studio	BodyPump™ 8:20-9:20am Lynn/Laura Westfields Studio	BodyPump™ 9:30-10:30am Laura Westfields Studio	
	Water Moves 6:45-7:30 AM Betty Pool	Water Moves 6:45-7:30 AM Betty Pool	BodyFlow™ 8:25-9:25am Lynn Westfields Studio	Water Moves 6:45-7:30 AM Betty Pool	Kettlebells 6:30-7:00am Nick Cross Training Studio	BodyFlow™ 9:30-10:30am Lynn/Aimee Westfields Studio	BodyFlow™ 10:40-11:40am Valerie Westfields Studio	
	WERQ Dance 8:15-9:15am Shelli RCU Studio	Turbo Kick® 7:00-8:00am Melanie RCU Studio	Yoga 9:30-10:30am Brittany RCU Studio	Turbo Kick® 7:00-8:00am Melanie RCU Studio	BodyFlow™ 8:25-9:25am Aimee Westfields Studio			
	BodyFlow™ 8:25-9:25am Lynn Westfields Studio	Aqua Blast (deep water) 8:00-9:00 AM Edna Pool	BodyPump™ 9:35-10:35am Laura Westfields Studio	Tight N' Tone 8:20-9:20am Jenn Westfields Studio	Aqua Explosion 9:00-10:15 AM Jeff Pool			
	BodyPump™ 9:35-10:35am Lynn Westfields Studio	Tight N' Tone 8:20-9:20am Jenn Westfields Studio	SilverSneakers® Yoga 10:45-11:30am Dana RCU Studio	Strength II 9:30-10:30am Rochelle RCU Studio	BodyPump™ 9:35-10:35am Jessica Westfields Studio			
	Zumba® Gold 9:45-10:30am Dana RCU Studio	Aqua Blast 9:00-10:00 AM Edna Pool		Cardio Kickboxing 9:35-10:35am Laura Westfields Studio	Zumba® Gold 9:45-10:30am Dana RCU Studio			
	SilverSneakers® Stability 10:45-11:30am Dana RCU Studio	Strength II 9:30-10:30am Rochelle RCU Studio		SilverSneakers® Classic 10:45-11:30am Amanda RCU Studio	SilverSneakers® Stability 10:45-11:30am Dana RCU Studio			
		Cardio Kickboxing 9:35-10:35am Laura Westfields Studio						
		SilverSneakers® Classic 10:45-11:30am Amanda RCU Studio						

PM	AquaAttack/CORE Combo 12:00-1:00 PM Edna Pool	BodyPump™ 12:10-1:10pm Lynn Westfields Studio	AquaAttack/CORE Combo 12:00-1:00 PM Edna Pool	BodyPump™ 12:10-1:10pm Lynn Westfields Studio	WERQ Dance 4:30-5:30pm Shelli RCU Studio	Yoga Sculpt 6:30-7:15pm Sara RCU Studio
	Boot Camp 5:00-6:00pm Dirk Westfields Studio	Aqua Explosion 5:00-6:15 PM Jeff Pool	Zumba® 5:00-6:00pm Nicole RCU Studio	BodyAttack™ 5:15-6:00pm Sara Westfields Studio		
	Zumba® 5:00-6:00pm Nicole RCU Studio	BodyAttack™ 5:15-6:00pm Sara Westfields Studio (starts Oct 8)	TRX 5:15-6:00pm Sara Cross Training Studio	WERQ Dance 6:00-7:00pm Shelli RCU Studio		
	BodyPump™ 6:10-7:10pm Laura Westfields Studio	Yoga 6:00-7:00pm Brittany RCU Studio	Aqua Resistance 5:30-6:00 PM Marie Pool	BodyPump™ 6:10-7:10pm Laura Westfields Studio		
	Aqua Cardio Mix 6:15-7:00 PM Tess Pool		Aqua Resistance 6:10-7:00 PM Marie Pool	Aqua Cardio Mix 6:15-7:00 PM Tess Pool		
	Spin 6:15-7:15pm Mitchell RCU Studio		Turbo Kick® 6:05-7:05pm Melanie RCU Studio	Kettlebells 6:30-7:30pm Dirk Cross Training Studio		
	Kettlebells 6:30-7:30pm Dirk Cross Training Studio		Kettlebells 6:30-7:30pm Dirk Cross Training Studio	Yoga 7:05-8:05pm Brittany RCU Studio		



For more information please contact:
- Travis Germain, Fitness Manager, at tgermain@nracentre.com or 715-243-0843
- Kyrone Cauldero, Aquatics Manager, at kcauldero@nracentre.com or 715-243-0850

Facility Hours

Monday - Thursday
Friday
Saturday - Sunday

October - April

4:45 AM - 10:00 PM
4:45 AM - 9:00 PM
7:00 AM - 9:00 PM

May - September

4:45 AM - 9:00 PM
4:45 AM - 8:00 PM
7:00 AM - 8:00 PM

Kids Kove Hours

October - April

Monday - Saturday
Monday - Friday
Sunday

8:00 AM - 12:00 PM
4:15 PM - 8:00 PM
10:30 AM - 1:00 PM

May - September

Monday - Saturday
Monday - Thursday
Friday
Sunday

8:00 AM - 12:00 PM
4:15 PM - 8:00 PM
4:15 PM - 7:45 PM
Closed

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

Updated 10/03/2019

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.

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+

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. 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+

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

Yoga (3): This non-purist yoga class is specifically designed for fitness enthusiasts of all ages and levels. We will integrate mind and body through yoga poses for total performance with focus on strength, conditioning, and flexibility. Ages 10+

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+

Yoga Sculpt (3): Yoga Sculpt combines yoga and light weight-training to tone the full body. It is designed to help people move deeper into yoga poses, as well as improve overall fitness and strength. Also includes short bursts of cardio to get the heart rate up. Ages 12+

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 Cardio Mix (2): This cardiovascular class is great for keeping your heart rate up. 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.

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.)