

Facility Hours:
 Monday-Thursday
 5am-9pm
 Friday 5am-8pm
 Saturday 7am-8pm
 Sunday 7am-8pm



Kids Kove:
 Monday-Friday
 8am-12pm
 Monday-Friday
 4:15pm-7:45pm
 Saturday 8am -12pm

GROUP EXERCISE SCHEDULE August 29th through November 27th

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:05-6:05am BodyStep® (WS) Kristin	5:05-6:05am BodyPump® (WS) Jennifer	5:05-6:05am BodyStep® (WS) Kristin	5:05-6:05am BodyPump® (WS) Jennifer	5:05-6:05am BodyStep® (WS) Kristin		
5:15-6:00am Group Cycle (RS) Dan	8:15-9:15am Centre Mix (RS) Jeanna	8:15-9:15am BodyStep® (WS) Jessica	8:15-9:15am Centre Mix (RS) Jeanna	8:15-9:15am BodyStep® (WS) Jessica	8:15-9:15am BodyStep® (WS) Lora	
8:15-9:15am BodyStep® (WS) Jessica	8:35-9:35am TurboKick® (WS) Jessica	8:30-9:30am BodyFlow® (RS) Lynn	8:35-9:35am TurboKick® (WS) Kristin	8:30-9:15am Group Cycle (RS) Jessie	9:25-10:25am BodyPump® (WS) Lora/Jennifer	
8:30-9:30am BodyFlow® (RS) Lynn	9:30-10:15am Strengthll (RS) Rochelle	9:20-10:20am BodyPump® (WS) Jessica	9:30-10:15am Strengthll (RS) Rochelle	9:20-10:20am BodyPump® (WS) Jessica	10:35-11:35am BodyFlow® (RS) Lynn	
9:20-10:20am BodyPump® (WS) Jessica	9:45-10:45am On The Ball (WS) Jenn	9:45-10:30am SilverSneakers® MSROM (RS) Rochelle/Jen	9:45-10:45am Tight N' Tone (WS) Jenn			
9:45-10:30am SilverSneakers® MSROM (RS) Jenn		10:45-11:30am SilverSneakers® CardioFit (RS) Jeanna	10:30-11:15am SilverSneakers® MSROM (RS) Rochelle			
10:30-11:15am SilverSneakers® CardioFit (RS) Jeanna	10:30-11:15am SilverSneakers® MSROM (RS) Rochelle			10:45-11:30am SilverSneakers® Yoga Stretch (RS) Susan		
11:15-12:00pm SilverSneakers® Yoga Stretch (RS) Jeanna	10:50-11:50am Zumba® (WS) Wendy	11:30-12:30pm Wii Sports (WS) Tate	NEW			12:00-1:00pm BodyPump® (WS) Jody
12:05-12:50pm Group Cycle (RS) Jessie	12:10-1:10pm BodyPump® (WS) Amy	12:30-1:00pm Sweat Circuit (RS) Tate/Amy	12:10-1:10pm BodyPump® (WS) Amy			
4:30-5:30pm BodyStep® (WS) Lora	4:30-5:30pm TurboKick® (WS) Kristin	4:45-5:45pm BodyStep® (WS) Lora		4:30-5:30pm BodyPump® (WS) Annie		
5:05-5:50pm Zumba® Express (RS) Wendy	5:45-6:45pm Tight N' Tone (WS) Jenn	6:00-7:00pm BodyPump® (WS) Jody	4:50-5:50pm TurboKick (WS) Missi	5:45-6:45pm TurboKick (WS) Missi		
6:00-7:00pm BodyPump® (WS) Annie	6:00-6:45pm Group Cycle (RS) Jessie	6:00-7:00pm PiYo (RS) Jeanna	5:30-6:30pm Total Core Conditioning (RS) Jeanna			
6:00-7:00pm Fitness Yoga (RS) Julie	NEW	7:05-7:35pm Zumba® (WS) Wendy	6:00-7:00pm On The Ball (WS) Missi			
7:05-8:05pm Zumba® (WS) Wendy		7:40-8:10pm Zumba® (WS) Wendy	6:40-7:40pm BodyFlow® (RS) Lynn			

WS=Westfields Studio
 RS=RCU Studio

If you have questions about schedule please contact Tate Wheeler, Fitness Director at 715.246.2252 or twheeler@nrcentre.com

