



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

NORTHWEST GROUP EXERCISE SCHEDULE

January • February • March 2019

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	BODYPUMP® LES MILLS BODYPUMP	8:00a	8:45a	Laurie	Wellness Center Studio	Strength
	Zumba Toning™	9:00a	9:40a	Karen T.	Wellness Center Studio	Dance
	Mind & Body	9:00a	10:00a	Megan	Upstairs Studio 2	Mind & Body
	Cardio Strength	9:15a	10:15a	Amanda	Upstairs Studio 1	Cardio Strength
	Zumba™	9:45a	10:30a	Karen T.	Wellness Center Studio	Dance
	SilverSneakers® Classic	10:45a	11:30a	Karen T./Sandy	Wellness Center Studio	AOA
	Cardio Strength	4:30p	5:15p	Liz	Wellness Center Studio	Strength
	Yoga	5:30p	6:15p	Laurie	Upstairs Studio 2	Mind & Body
	Zumba™	5:30p	6:30p	Lisa	Upstairs Studio 1	Dance
	BODYPUMP® LES MILLS BODYPUMP	5:45p	6:45p	Patty	Wellness Center Studio	Strength
TUES	Cycling	5:30a	6:15a	Teresa	Upstairs Studio 1	Cycling
	Cycling	8:15a	9:00a	Laurie	Upstairs Studio 1	Cycling
	Strength	8:45a	9:45a	Terri	Wellness Center Studio	Strength
	Yoga	9:30a	10:30a	Laurie	Upstairs Studio 2	Mind & Body
	Zumba Gold™	10:00a	10:45a	Claudia	Wellness Center Studio	AOA Dance
	Zumba™	10:50a	11:50a	Tiffany	Wellness Center Studio	Dance
	Intervals	12:00p	12:45p	Tiffany	Wellness Center Studio	Cardio
	Cardio Strength	5:30p	6:15p	David	Wellness Center Studio	Cardio Strength
	Cycling	5:30p	6:30p	Liz/Amy	Upstairs Studio 1	Cycling
WED	BODYPUMP® LES MILLS BODYPUMP	8:00a	8:45a	Laurie	Wellness Center Studio	Strength
	Cycling	8:15a	9:00a	Kelli	Upstairs Studio 1	Cycling
	Pilates	9:00a	10:00a	Kristin	Upstairs Studio 2	Mind & Body
	Cardio Strength	9:15a	10:15a	Amanda	Upstairs Studio 1	Cardio Strength
	SilverSneakers® Yoga	9:45a	10:30a	Sandy	Wellness Center Studio	AOA
	SilverSneakers® Circuit	10:45a	11:30a	Sandy	Wellness Center Studio	AOA
	Cardio Strength	4:30p	5:15p	Liz	Wellness Center Studio	Strength
	Yoga	5:30p	6:15p	Laurie	Upstairs Studio 2	Mind & Body
	Zumba™	5:30p	6:30p	Lisa	Upstairs Studio 1	Dance
BODYPUMP® LES MILLS BODYPUMP	5:45p	6:45p	Patty	Wellness Center Studio	Strength	
THURS	Cycling	5:30a	6:15a	Teresa	Upstairs Studio 1	Cycling
	Cycling	8:15a	9:00a	Laurie	Upstairs Studio 1	Cycling
	Strength	8:45a	9:45a	Terri	Wellness Center Studio	Strength
	Yoga	9:30a	10:30a	Laurie	Upstairs Studio 2	Mind & Body
	Zumba Gold™	10:00a	10:45a	Karen T.	Wellness Center Studio	AOA Dance
	Zumba™	10:50a	11:50a	Tiffany	Wellness Center Studio	Dance
	Intervals	12:00p	12:45p	Tiffany	Wellness Center Studio	Cardio
	Cardio Strength	5:30p	6:15p	David	Wellness Center Studio	Cardio Strength
	Cycling	5:30p	6:30p	Liz/Amy	Upstairs Studio 1	Cycling
FRI	Zumba Toning™	9:00a	9:40a	Karen T.	Wellness Center Studio	Dance
	Cardio Strength	9:15a	10:15a	Amanda	Upstairs Studio 2	Cardio Strength
	Zumba™	9:45a	10:30a	Karen T.	Wellness Center Studio	Dance
	SilverSneakers® Classic	10:45a	11:30a	Karen T./Ashley	Wellness Center Studio	AOA
	Zumba™	5:30p	6:30p	Lisa	Wellness Center Studio	Dance
SAT	Cycling	8:00a	8:45a	Casey	Upstairs Studio 1	Cycling
	Strength	9:00a	9:45a	Casey	Wellness Center Studio	Strength
	Zumba™	10:00a	11:00a	Melanie	Wellness Center Studio	Dance

CLASS DESCRIPTIONS

CARDIO – classes are focused on aerobic activity. Cardio classes are typically good for individuals looking for weight loss or training for endurance.

Intervals • Step • Cardio Boxing • Cycling & Strength • Cardio Step & Core • Kickboxing

STRENGTH – classes are focused on weight training. Strength classes will help you strengthen and tone with a variety of equipment. Some specified classes may combine other forms of training into your workout.

Strength • Cardio Strength • TRX® • Core • Core & Glutes • Les Mills BODYPUMP®

CYCLING – classes use the cycling bikes. Cycling classes focus on a cardiovascular workout that will challenge you at different resistance and intensity levels as you cycle to upbeat music.

Cycling

MIND & BODY – classes are focused on flexibility, balance, stability, and core. These classes will utilize one's own body weight and incorporate mindful exercise.

Mind & Body • Yoga • Pilates • PiYo™

DANCE – Choreography & dance moves. Classes use modern music to get your heart pumping and inspire you through movement.

Dance Fitness • Zumba™ • Zumba Toning™ • Strong Zumba™

AOA – Active Older Adult Classes. Older adults will find these classes in a variety of categories such as cardio, strength, dance, and mind and body. Members of all ages are welcome to join these classes; if a member is recovering from an injury or surgery or just easing back in they are welcome to start here.

Silver Sneakers® • Silver Sneakers® Circuit • Silver Sneakers® Yoga • AOA Intervals • Zumba Gold™

FEE-BASED PROGRAMS – These programs are offered at each location throughout the year. Programs will vary based on class type and intensity. For more information about offered programs, please check with our Member Service Staff.