

GROUP EXERCISE SCHEDULE

Tuesday, November 1st - December 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron	5:30 - 6:30 am Body Pump Amy P	6:00 - 6:50 am Bootcamp Aaron		6:00 - 7:00 am Vinyasa Flow Yoga Loralee	8:00 - 8:50 am BodyCombat Amy R
8:30 - 9:20 am Total Body Burn Jennifer	8:00 - 8:55 am MyZone HIIT Lora	6:00 - 7:00 am Sunrise Yoga Steve	8:30 - 9:20 am BodyCombat Amy R	8:30 - 9:25 am Triple Threat Gemma	9:00 - 10:00 am Body Pump Victor
9:00 - 11:15 am Wellness <i>Registration Required</i>	9:00 - 10:00am New! Pilates Power Walking --Loralee Begins 11/08/22	9:00 - 9:25 am Core Conditioning Lora	9:00 - 10:00 am Pilates Mat-Based Loralee	8:45 - 9:45 am Wellness <i>Registration Required</i>	New Time! 9:00 - 10:00 am Cycle Melissa
9:15 - 10:15 am Cycle Melissa	9:10 - 10:00 am Just Dance Lesley C	9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:00 am Heart Plus Toning Kris (AOA)	9:15 - 10:15 am Cycle Lisa H.	10:15 - 11:15 am Power Yoga Susan E
9:30 - 10:20 am Barre Fusion Janine	9:15 - 10:30 am Cycle & Strength Lora	9:15 - 10:05 am Chair Yoga Elaine(AOA)	9:30 - 10:20 am Barre Fusion Janine		10:15 - 11:15 am Body Pump Susie N
10:30 - 11:30am Wellness <i>Registration Required</i>	9:15 - 10:15 am Sit & Fit (AOA) Kris	9:30 - 10:30 am Adult Ballet (AOA) Werner	10:15 - 11:15 pm Wellness <i>Registration Required</i>	9:30 - 10:25 am Just Dance Lesley C	
10:30 - 11:20 am (AOA) Heart Plus Toning Kris	10:15 - 11:05 am Just Barre Lesley C	9:30 - 10:30 am Simply Strength Lora	10:30 - 11:30 am Body Pump Instructor Rotation	10:00 - 10:55 am Chair Yoga (AOA) Audrey	SUNDAY
10:30 - 11:30 am Vinyasa Flow Yoga with Jen R	10:15 - 11:15 am Body Pump Amy R	10:15 - 11:15 am Wellness <i>Registration Required</i>	11:20 - 12:05 pm Sit & Fit (AOA) with Kris	10:20 - 11:10 am Adult Ballet (AOA) Werner	8:30 - 9:20 am Cycle Susan E
11:45 am - 12:45 pm Gentle Yoga Selima	11:30 - 3:15 pm Wellness <i>Registration Required</i>	10:30 - 11:30am Wellness <i>Registration Required</i>	11:30 - 12:30 pm Restorative Yoga Steve	10:30 - 11:00 am Arm, Core and Stretch Lesley C	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
11:45 - 12:45 pm WELLNESS <i>Registration required</i>	11:30 - 12:30 pm New! Restorative Yoga Steve- Begins 11/08/22	10:35 - 11:25 am Pilates Fusion Susan E	11:45 - 3:15 pm Wellness <i>Registration Required</i>	11:15 - 12:15 pm Wellness <i>Registration Required</i>	9:30 - 10:20 am Strength & Core Susan E
12:00 - 12:50 pm Just Dance 101 Lesley	4:45 - 5:45 pm Yoga Tuneup Werner	10:30 - 11:25 am BeMoved Dance Joanie (AOA)	4:45 - 5:45 pm Yoga Tuneup Werner	New Time! 11:15 am - 12:05 pm (AOA) Heart Plus Toning Werner	2:00 - 3:00 pm Total Body Yoga Tatiana
1:00 - 3:15 pm Wellness <i>Registration Required</i>	5:15 - 6:05 pm Barre Fusion Amy R	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	5:30 - 6:20 pm Barre Fusion Rotation	11:15 - 12:15 pm Total Body Yoga Tatiana	(AOA) Active Older Adult
5:30 - 6:30 pm Body Pump Victor	New Time! 5:30 - 6:30 pm Cycle Bill P	11:45 - 12:45 pm Wellness <i>Registration Required</i>	5:30 - 6:30 pm Cycle Carol	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	CODES: Cycle Studio ● Main Studio ● Mind/Body Studio ○ Banquet Room ● Fitkids ● Track & Mind/Body ●
5:30 - 6:30 pm Yoga Basics Steve	For more information about the Group Exercise Schedule, contact Amy Rosales @ 847-535-7632 or arosales@nmhfc.com	1:00 - 3:15 pm Wellness <i>Registration Required</i>		1:45 - 2:45 pm Wellness <i>Registration Required</i>	
		5:30 - 6:30 pm Vinyasa Flow Yoga Tatiana			
		5:30 - 6:30 pm Body Pump Carol			