

BRIGGS WELLNESS CENTER

GROUP FITNESS SCHEDULE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycle 5:30-6:25 a.m. Valerie- Rm 2	Functional Mvmt 7:30-8:15 a.m. Jamie -Rm 3	Group Cycle 5:30-6:25 a.m. Valerie- Rm 2	POWER 5:30-6:25 a.m. Karen- Rm 3	Group Cycle 5:30-6:25 a.m. Valerie- Rm 2	Group Cycle 8-8:55 a.m. Valerie- Rm 2	L1FT 8:45-9:40 a.m. Alison-Rm 3
Group Cycle 7-7:55 a.m. Valerie- Rm 2	Multilevel Interval 8:30-9:25 a.m. Jamie- Rm 3	Pilates 8-8:55 a.m. Liz- Rm 3	Functional Mvmt 7:30-8:15 a.m. Jamie -Rm 3	Group Cycle 7-7:55 a.m. Lyne- Rm 2	BLAST 8:00-8:55 a.m. Karen- Rm 3	Multilevel Yoga 10:00-10:50 a.m. Nancy- Rm 3
Pilates 8-8:55 a.m. Liz-Rm 3	Pilates 9:00-9:55 a.m. Liz- Rm 1	Balance 9-9:30 a.m. Liz-Rm 1	TRX Flow 7:30-8:15 a.m. Pam- TRX	Barre Fusion 8:30-9:15 a.m. Maria- Rm 3	Multilevel Yoga 8:30-9:25 a.m. Elizabeth- Rm 1	Gentle Yoga 11:00-11:55 a.m. Nancy- Rm 3
Balance 9-9:30 a.m. Liz- Rm 1	Group Cycle 9:30-10:25 a.m. Valerie- Rm 2	Full Body Blast 9:00-9:45 a.m. Robyn- Rm 3	Multilevel Interval 8:30-9:25 a.m. Jamie- Rm 3	Group Cycle 9-9:55am Jamie- Rm 2	POWER 9-9:55 a.m. Yury- Rm 3	
Group Cycle 9:30-10:25 a.m. Rose- Rm 2	Abs & Glutes 10-10:30 a.m. Liz- Rm 1	PACE 9:45-10:40 a.m. Liz-Rm 1	Pilates 9:00-9:55 a.m. Liz- Rm 1	Pilates 9-9:55 a.m. Liz-Rm 1	Group Cycle 9:30-10:25 a.m. Rose- Rm 2	
Total Body Cardio & Strength 9:30-10:25 a.m. Debbie -Rm 3	BeMoved® 10-10:55 a.m. Debbie K.- Rm 3	Group Cycle 10:00-10:45 a.m. Robyn -Rm 2	Group Cycle 9:30-10:25 a.m. Rose -Rm 2	Zumba 9:30-10:25 a.m. Maria- Rm 3	Multilevel Yoga 9:45-10:40 a.m. Elizabeth- Rm 1	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Please bring your own mat for classes and your own foam roller for foam roller classes.</p> </div>
PACE 9:45-10:40 a.m. Liz- Rm 1	Gentle Yoga 10:35-11:30 a.m. Elizabeth—Rm 1	TRX Extreme 10:15-11:10 a.m. Pam- TRX	POWER -Rm3 9:35-10:30 a.m. Mike	TRX Beginner 10-10:45 a.m. Instr. Varies- TRX	Cardio Kickboxing 10:20-11:15 a.m. Ro- Rm 3	
Low & Light 10:45-11:40 a.m. Sarah C.-Rm 3	TAI CHI 11-11:45 a.m. Liz-Garden of Hope	Low & Light 10:45-11:40 a.m. Sarah C.-Rm 3	Abs & Glutes 10-10:30 a.m. Liz- Rm 1	Stretch 10-10:30 a.m. Liz- Rm 1	TRX Express 10:30-11:00 a.m. Instructor varies- TRX	
Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1	Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1	TAI CHI 11-11:45 a.m. Liz- Rm 3	Low & Light 10:45-11:40 a.m. Debbie C.- Rm 3	Total Body Training 11:30-12:25 p.m. Ro—Rm 3	
Healthy Back & Core 10:45-11:40 a.m. Debbie- Rm 4	BODY PUMP -Rm3 12:30-1:25 p.m. Laurel	Bootcamp 11:30am-12:15p.m. Karen C- Rm 4	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1	Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1		
Gentle Yoga 1:15-2:10 p.m. Elizabeth—Rm 3	BODYBALANCE 1:30-2:25 p.m. -Rm3 Laurel	Gentle Yoga 12:15-1:10 p.m. Elizabeth- Rm 1	BODY PUMP -Rm3 12:30-1:25 p.m. Laurel	Mat Pilates 12:00-12:55 p.m. Wendy- Rm 3		
Group Cycle 5:30-6:25 p.m. Ryan- Rm 2	L1FT 5:45-6:40 p.m. Alison-Rm 3	Yin Yoga 1:30-2:25 p.m. Elizabeth- Rm 1	BODYBALANCE - Rm 3 1:30-2:25 p.m. Laurel	Foam Rolling 1:00-1:55 p.m. Wendy- Rm 3		
Multilevel Yoga 6-6:55 p.m. Nancy- Rm 3			CORE 5:00-5:25 p.m. Karen-Rm 3			
			ACTIVE 5:30-6:25 p.m. Karen- Rm 3			
			Group Cycle 5:30-6:25 p.m. Catherine- Rm 2			



****Classes subject to changes and cancellations.**
Check Live link for updates**

For additional information, please call
(239) 624-2750
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:MOSSA Licensed

:Les Mills Licensed

RED: CARDI

BLUE: STRENGTH

GREEN: MIND/BODY

YELLOW: CYCLE

PURPLE: TRX