

Land - Group Exercise Schedule - Early Fall 2019

Updated

(SEE OTHER SIDE FOR COMPLETE CLASS DESCRIPTIONS for BOTH LAND AND AQUATIC CLASSES)

9/19/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00am Express Tabata-A Martha	5:30-6:15am Body Pump-A Jen	5:15-6:00am Cycle 45-C Kristy	5:15-6:00am Intervals-Y Martha	5:15-6:15am Body Combat-A John	7:15-8:15am Body Pump-A Rotation	8:15-9:30am Yoga-Y Kim
5:30-6:30am RPM-C Theresa	5:30-6:00am CxWorX-Y Ruth	5:30-6:30am Body Combat-A Diane	5:30-6:30am Body Pump-A Jen	5:15-6:00am RPM-C Theresa	8:15-9:15am Interval Training-A Rotation	9:15-10:15am Body Combat-A Rotation
8:00-8:45am Cycle 45-C Kim	8:15-9:15am Interval Training-A Mary	6:00-6:30am CxWorX-Y Kristy	8:15-9:15am Power Hour-A Mary	8:15-9:15am Interval Training-A Mary	8:15-9:15am Cycle 60-C Rotation	10:15-11:30am Kundalini Yoga-Y Leslie
8:15-9:15am Intervals-A Michael	8:00-9:00am Yoga-Y Megan	7:45-8:15am Cycle 30-C Kim	8:30-9:45am Yoga-Y Kim	8:30-9:30am Begin Yoga-Y Kim	8:15-9:30am Yoga-Y Rotation	
9:30-10:30am Yoga-Y Barbara		8:00-9:15am Body Combat-A Sarah			9:15-10:15am Body Combat-A Rotation	
9:30-10:30am Light N Lively-A Michael	9:30-10:30am Gentle Yoga-Y Monika	8:30-9:30am Gentle Yoga-Y Kim			9:30-10:30am Gentle Yoga-Y Rotation	
10:45-11:30am Stretch N Balance-PT Debbie	9:30-10:30am Pump/CxWorX/Fusion-A Janette	9:30-10:30am Light N Lively-A Megan	9:30-10:30am Body Pump-A Janette	10:00-11:00am Light N Lively-A Jen		
10:45-11:45am Yin Yoga-Y Barbara	11:00-12:15pm Restore Yoga-Y Debbie	10:45-11:30am Stretch N Balance-PT Debbie		10:45-11:45am Gentle Yoga-Y Barbara		
12:00-1:15pm Yoga-Y Barbara		10:45-11:45am Gentle Yoga Monika	12:00-1:15pm Restore Yoga-Y Debbie	12:00-1:15pm Yoga-Y Barbara		
4:15-5:30pm Yoga-Y Jim		4:30-5:30pm Body Pump-A Steph		4:15-5:00pm Body Pump-A Ruth		
4:30-5:30pm Body Combat-A Jess M.		4:30-5:45pm Yoga-Y Barbara	5:00-6:00pm Combat-A Sarah			
5:30-6:00pm Core 30-Y Megan	5:15-5:45pm Cycle-HIIT-C Tracy		5:15-5:45pm Cycle HIIT-C Tracy			
5:30-6:30pm Body Pump-A Kristy		5:30-6:30pm Body Combat-A John	5:30-6:30pm Yoga-Y Paul			
6:15-6:45pm Foam Rolling-Y Megan	5:30-6:30pm Combat Fusion-A Diane	6:00-7:15pm Yoga-Y Barbara				

Locations

A = Aerobics Studio

C = Cycling Studio

PT = Personal Training Studio

Y = Yoga Studio

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