

# NORTHWEST ATHLETIC CLUB GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Zumba Barrie—Rm 301	9:00 am Step Nan—Rm 301	7:00 am Boot Camp Jeff—Rm 301	9:00 am Step Nan—Rm 301	9:00 am <b>Elite Fit*</b> Jeff—Elite Perf.	5:45 am Spin Suzy—Rm 5	8:00 am Boot Camp Jeff—Bball Court
	10:00 am Core Yoga Jacob—Rm 5	9:00 am Spin Nan—Rm 5	9:00 am Zumba Cece—Rm 5	10:00 am Essentials Jacob—Rm 301	9:00 am Step Nan—Rm 301	9:00 am Step Amber—Rm 301
	10:30 am Zumba Eddie—Rm 301	9:00 am <b>Elite Fit*</b> Jeff—Elite Perf.		10:30 am Begin. Kickboxing Katie—Rm 301	9:30 am Easy Yoga Susan—Rm 5	9:15 am Spin Jeff—Rm 5
		9:00 am Zumba Sandy—Rm 301			10:30am Zumba Eddie—Rm 301	10:15 am Zumba Tom—Rm 301

5:00 pm Kettlebell Jacob—Rm 301	5:00 pm Zumba Barrie—Rm 301	4:30 pm Zumba Eddie—Rm 301	4:00 pm Pilates Bridget—Rm 301	4:00 pm Kids Karate John—Rm 301
5:00 pm Spin Jerry—Rm 5	5:30 pm Spin Nan—Rm 5	5:30 pm Functional Fitness Jacob—Rm 301	5:00 pm Boot Camp Jeff—Rm 301	5:00 pm Advance Karate John—Rm 301
5:30 pm Zumba Tom—Rm 301	6:00 PM Begin. Kickboxing Katie – Rm 301	6:30 pm Yoga Jacob—Rm 5	6:15 pm Zumba Toning Barry—Rm 301	
6:00 pm Yoga Bridget—Rm 5				
7:00 pm Adult Karate John—Rm 301				

New classes or classes  
with changes.



Indicates extra charge\*  
Schedule updated 4/20/16