

# NORTHWEST ATHLETIC CLUB GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 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 Elite Fit* Jeff - Elite Perf.	5:45 AM Spin Suzy - Rm 5	8:00 AM Boot Camp Jeff - Bball Court
10:00 AM Yoga Stephanie - Rm 301	10:30 AM Zumba Eddie - Rm 301	9:00 AM Spin Nan - Rm 5	9:00 AM Beginner Pickleball Jeff - Court 5		8:00 AM Gutbuster Leanne - Elite Perf.	9:00 AM Step Amber - Rm 301
		9:00 AM Elite Fit* Jeff - Elite Perf.			8:30 AM Glute Camp Stephanie - Elite Perf.	9:15 AM Spin Jeff - Rm 5
					9:00 AM Step Nan - Rm 301	10:15 AM Zumba Tom - Rm 301
					9:30 AM Easy Yoga Stephanie - Rm 5	
					10:30 AM Zumba Eddie - Rm 301	
	5:00 PM 30-Minute Circuit Stephanie - Elite Perf.	5:00 PM Gutbuster Leanne - Elite Perf.	4:30 PM Zumba Eddie - Rm 301	5:00 PM 30-Minute Circuit Stephanie - Elite Perf.	4:00 PM Kids Karate John - Rm 301	
	5:00 PM Spin Gerry - Rm 5	5:30 PM Boxing* Tommy - Rm 301	5:30 PM Dance Fitness Jackie - Room 301	5:30 PM Boxing* Tommy - Rm 301	5:00 PM Advanced Karate John - Rm 301	
	5:30 PM Zumba Tom - Rm 301	5:30 PM Spin Nan - Rm 5				
	7:00 PM Adult Karate John - Rm 301					



Members: Free Non-Members \$5.00  
 Additional \$3.00 charge\*  
 Schedule Effective 2/05/17