



# HOURS OF OPERATION

WEEKDAYS: 5AM - 9PM

WEEKENDS: 8AM - 6PM

# THE WELLNESS CENTER AT NORTH PARK

## GROUP FITNESS SCHEDULE

### MON

### TUE

### WED

### THU

### FRI

### SAT

5:30 AM  
**SPIN**  
BRYAN | C

9:00 AM  
**AQUA**  
LONNI | P

5:30 AM  
**SPIN**  
RON | C

10:00 AM  
**TOTAL BODY**  
CAREY | G

9:00 AM  
**AQUA**  
PATRICK | P

8:05 AM  
**SPIN**  
KRISTI | C

9:00 AM  
**YOGA**  
PAM | G

10:00 AM  
**TOTAL BODY**  
CAREY | G

9:00 AM  
**YOGA**  
PAM | G

10:00 AM  
**CHAIR YOGA**  
KIMMIE | Y

9:30 AM  
**STEP FUSION**  
CHRISTINA | G

9:00 AM  
**YOGA**  
PAM | G

10:00 AM  
**CHAIR YOGA**  
KIMMIE | Y

5:30 PM  
**YOGA FLOW**  
CHRISTINA | Y

12:00 PM  
**HIIT**  
CAREY | G

5:30 PM  
**YOGA**  
CHRISTINA | Y

10:30 AM  
**YOGA**  
KIMMIE | Y

10:15 AM  
**STEP**  
MONICA | G

12:00 PM  
**STRENGTH & CARDIO**  
CAREY | G

5:45 PM  
**TOTAL BODY**  
CAROLYN | G

4:30 PM  
**STRENGTH & CARDIO**  
PEPPER | G

12:00 PM  
**STRENGTH & CARDIO**  
CAREY | G

4:30 PM  
**STRENGTH & CARDIO**  
PEPPER | G

5:30 PM  
**SPIN**  
KRISTI | C

5:30 PM  
**SPIN**  
KRISTI | C

### LOCATION KEY

P - POOL

C - CYCLE STUDIO

G - GYM

Y - YOGA STUDIO

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