



Group Exercise Schedule

April - May

425 E 5th St
New Richmond WI 54017
715-246-2252
www.nracentre.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	TRX 5:00-5:45am (CT) Sara	Total Body Fitness 5:00-5:45am (WF) Sara	Water Moves 7:00-7:45am (P) Betty	TRX 5:00-5:45am (CT) Sara	Body Attack™ 5:00-6:00am (RCU) Fitness on Demand	Water Works 8:00-9:00am (P) Susan	Combat™ 9:30-10:15am (RCU) Fitness on Demand
	Yoga Sculpt 6:00-6:50am (RCU) Sara	Water Moves 7:00-7:45am (P) Betty	Water Works 8:00-9:00am (P) Christina	Water Moves 7:00-7:45am (P) Betty	Water Moves 7:00-7:45am (P) Betty	BodyPump™ 8:15-9:15am (WF) Laura	
	Water Moves 7:00-7:45am (P) Betty	Turbo Kick® 7:30-8:30am (RCU) Melanie	BodyBalance™ 8:25-9:25am (WF) Aimee	Turbo Kick® 7:30-8:30am (RCU) Melanie	AquaLibrium 8:00-9:00am (P) Jeff	BodyBalance™ 9:30-10:30am (RCU) Fitness on Demand	
	Kickboxing 7:45-8:30am (WF) Stephanie	Aqua Blast (deep water) 8:00-9:00am (P) Edna	Water Works 9:00-10:00am (P) Susan	Water Works 8:00-9:00am (P) Christina	BodyBalance™ 8:25-9:25am (WF) Aimee		
	Water Works 8:00-9:00am (P) Christina	BodyPump™ 8:30-9:30am (WF) Laura	Spin 9:30-10:00am (RCU) Fitness on Demand	BodyPump™ 8:30-9:30am (WF) Laura	AquaLibrium 9:00-10:00am (P) Jeff		
	Yoga 8:30-9:30am (RCU) Fitness on Demand	Aqua Blast 9:00-10:00am (P) Edna		Yoga 8:45-9:15am (RCU) Fitness on Demand	Kickboxing 9:40-10:25am (WF) Stephanie		
	Water Works 9:00-10:00am (P) Susan	Strength II 9:30-10:30am (RCU) Rochelle		Water Works 9:00-10:00am (P) Susan	Step & Groove (easy dance) 10:00-11:00am (RCU) Fitness on Demand		
	Barre 10:00-10:45am (RCU) Fitness on Demand	SilverSneakers® Classic/Senior Fitness 10:45-11:35am (RCU) Aletha/Laura		Strength II 9:30-10:30am (RCU) Rochelle			
			SilverSneakers® Classic/Senior Fitness 10:45-11:35am (RCU) Aletha/Laura				
PM	AquaAttack/CORE Combo 12:00-1:00pm (P) Edna	Aqualates 12:00-1:00pm (P) Aletha	AquaAttack/CORE Combo 12:00-1:00pm (P) Edna	Aqualates 12:00-1:00pm (P) Aletha	R1ZE Step 4:30-5:00pm (RCU) Fitness on Demand		
	Group Cycle 4:10-4:50pm (RCU) Jenna	BodyAttack™ 5:15-6:15pm (WF) Sara	Grit Cardio/Athletic™ 12:15-12:45pm (RCU) Fitness on Demand	Water Strength 4:00-5:00pm (P) Ruth	Sh'bam™ 5:15-6:00pm (RCU) Fitness on Demand		
	Zumba® 5:00-6:00pm (RCU) Nicole	Strength & Flexibility 6:30-7:15pm (WF) Sara	Group Cycle 4:10-4:50pm (RCU) Jenna	Water Strength 5:00-6:00pm (P) Ruth	Class Locations: WF Westfields Studio RCU RCU Studio CT Cross Training Studio P Pool		
	Boot Camp 5:00-6:00pm (WF) Dirk		Water Strength 4:00-5:00pm (P) Ruth	Turbo Kick® 5:00-6:00pm (RCU) Melanie			
	Water Works 6:00-7:00pm (P) Christina		Water Strength 5:00-6:00pm (P) Ruth	BodyPump™ 6:15-7:00pm (RCU) Fitness on Demand			
	Kettlebells 6:30-7:30pm (CT) Dirk		Zumba® 5:00-6:00pm (RCU) Nicole	Kettlebells 6:30-7:30pm (CT) Dirk	 <p>You can participate in a class whenever you are at the Centre with Fitness on Demand! Talk to our Fitness Desk Staff or Welcome</p>		
			TRX 5:15-6:00pm (CT) Sara				
			Kettlebells 6:30-7:30pm (CT) Dirk				



Facility Hours

Monday - Friday
Saturday - Sunday

May - September
4:45 AM - 8:00 PM
6:00 AM - 6:00 PM

October - April
4:45 AM - 9:00 PM
6:00 AM - 6:00 PM

Kids Kove Hours

Monday - Friday
Saturday
Sunday

May - September
8:15 AM - 12:00 PM &
4:00 PM - 6:45 PM
8:00 AM - 12:00 PM
Closed

October - April
8:15 AM - 12:00 PM &
4:00 PM - 7:00 PM
8:00 AM - 12:00 PM
10:30 AM - 1:00 PM

Please note that all program areas close 15 minutes before the facility.

Class Descriptions and Difficulty

All classes are ranked on a 1 to 5 scale with 1 being the easiest and 5 being the hardest. All classes can be modified to meet the needs of the participants.

Group Exercise Age Policy

- Must be 10+ years old to participate in select Group Exercise Classes, see specific age requirements for each class.
- Youth ages 10-15 must complete the Youth Fitness Orientation and obtain a wristband each visit.
- Youth under the age of 15 years must have a parent/guardian present in the class.

Fitness on Demand (variety of classes offered)

You can participate in a class whenever you are at the Centre with Fitness on Demand! Talk to our Fitness Desk Staff or Welcome Center Staff and we'll get a class started for you!

Full Body Cardio and Fat Burning

BodyAttack™ (4): This sports-inspired cardio workout is perfect for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. BodyAttack™ is available as either a 55, 45 or 30-minute workout. Ages 12+

BodyPump™ (3): This is the original barbell class that strengthens your entire body. It will challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you want! Ages 12+

Boot Camp (4): This is a total body strength and conditioning workout. The focus will be on strengthening the body's muscles with short bursts of cardio to get the heart pumping. This group class will push you to a level you might never reach on your own! Ages 12+

Cardio Kickboxing (3): This class uses mixed martial arts inspired combinations of punches and kicks (non-contact), to high energy music. Come to class ready to destroy calories, and work every muscle group. Ages 12+

Group Cycle (3): Class combines endurance and strength building techniques to improve your fitness and maximize power output and efficiency. 13 spin bikes available per class on a first come first serve basis or bring your own bike and trainer to class. **Please arrive early to set up your bike.** Ages 12+

Kettlebells (4): Kettlebell training is unique because you can train both cardiovascular and anabolic systems in one go. Simply put you can increase your overall fitness and tone up your muscles. You will burn fat, tone muscle, and increase cardiovascular endurance. Ages 15+ (Age 15 must have parent/guardian present)

Total Body Fitness (3): This interval-based class combines full-body strength training with cardio bursts designed to tone your body and improve your strength and endurance. Ages 15+

TRX (4): The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. You are in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. TRX training will build strength, flexibility, balance, and mobility all at the intensity you choose. Participation is limited to 8 per class. Please obtain a class pass from the Welcome Center no more than 30 minutes prior to the class. Ages 15+ (Age 15 must have parent/guardian present)

Turbo Kick® (3): Practice your boxing punches and martial arts kicks to an aerobic pace. This class will get your heart pumping and your mind working with fun and effective choreography. Great for all levels. Ages 10+

Zumba/Dance

Zumba® (3): Dance your way to a fitter you! Exciting and unique Latin choreography and rhythms are combined with hip-hop and international music to make a workout that is fun every time. If you can march, you can Zumba®! Ages 10+

Seniors

SilverSneakers® Classic/Senior Fitness (1): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Ages 15+

Strength II (2): A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work. Ages 15+

Yoga/Meditation

BodyBalance (3): This Yoga, Pilates, and Tai Chi workout leaves you feeling long, strong, centered, and calm. It's your personal time out from the stress and strains of daily life. It will truly enhance your physical and mental well-being. Ages 10+

Strength and Flexibility (3): You will use a variety of dumbbells and resistance bands during this class to build strength and tone muscles. Class will end with 10-15 minutes of targeted stretching exercises to enhance flexibility. Ages 12+

Yoga Sculpt (3/4): Yoga Sculpt combines yoga and light weight-training to tone the full body. It is designed to help people move deeper into yoga poses, as well as improve overall fitness and strength. Also includes short bursts of cardio to get the heart rate up. Ages 12+

Aquatics

Aqua Attack/CORE Combo (2.5): An energizing, powerful, uplifting, and a fun effective way to burn calories and tone your muscles. Cardio movements will include kickboxing and other aerobic moves while emphasizing a strong focus on your core (abdominals, posture, vertebrae and buttocks).

Aqua Blast (2.5): A total low impact aerobic workout using shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

Aqualates (2.5): Principles of land-based Pilates are applied in the water. These moves focus on core strength and stability, flexibility, balance, and range of motion. This is not an aerobic class, although aerobic movements are included in the warm up and when needed to keep muscles warm.

AquaLibrium (2): This class is a mix of water resistance exercise and range of motion practices utilizing paddles, foam dumbbells, and water noodles.

Water Moves (1.5): The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from an injury, or pregnant.

Water Strength (2): Water Strength uses resistance bands and water weights/noodles. This class will work your muscles with little bit of cardio.

Water Works (3): A fun, energetic class that can be adapted to your own level with a balanced focus on upper body and lower body exercises. Join us for lively discussions, laughter, and fun (with a little exercise on the side)!

(Ages 12-14 must have an adult with them to participate, at the instructor's discretion.)