

# WELLNORTH SCHEDULE January 1 - March 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core Flow</b> 6:50-7am <i>Amanda</i>	<b>Upper Body Burn</b> 6:50-7am <i>Paige</i>	<b>Core Circuit</b> 6:50-7am <i>Deb</i>	<b>Lower Body Burn</b> 6:50-7am <i>Lisa</i>	<b>Core Flow</b> 6:50-7am <i>Ann</i>	<b>BodyPump</b> 9-9:45pm ▶ <i>LES MILLS</i>	<b>BodyPump</b> 9-9:45pm ▶ <i>LES MILLS</i>
<b>HIIT</b> 7:10 - 7:40am <i>Amanda</i>	<b>Cardio Sculpt</b> 7:10 - 7:40am <i>Paige</i>	<b>Strong</b> 7:10 - 7:40am <i>Deb</i>	<b>Yoga</b> 7:10 - 7:40am <i>Lisa</i>	<b>HIIT</b> 7:10 - 7:40am <i>Ann</i>	<b>BodyCombat</b> 10-10:45am ▶ <i>LES MILLS</i>	<b>BodyCombat</b> 10-10:45am ▶ <i>LES MILLS</i>
<b>Mobility Boost</b> 7:50 - 8am <i>Amanda</i>	<b>Mobility Boost</b> 7:50 - 8am <i>Paige</i>	<b>Mobility Boost</b> 7:50 - 8am <i>Deb</i>	<b>Core Flow</b> 7:50 - 8am <i>Lisa</i>	<b>Mobility Boost</b> 7:50 - 8am <i>Ann</i>	<b>BodyAttack</b> 11-11:45am ▶ <i>LES MILLS</i>	<b>BodyAttack</b> 11-11:45am ▶ <i>LES MILLS</i>
<b>BodyPump</b> 9 - 9:30am ▶ <i>LES MILLS</i>	<b>BodyBalance</b> 9 - 9:30am ▶ <i>LES MILLS</i>	<b>BodyAttack</b> 9 - 9:30am ▶ <i>LES MILLS</i>	<b>Dance</b> 9 - 9:30am ▶ <i>LES MILLS</i>	<b>BodyCombat</b> 9 - 9:30am ▶ <i>LES MILLS</i>	<b>BodyBalance</b> 12-12:45pm ▶ <i>LES MILLS</i>	<b>BodyBalance</b> 12-12:45pm ▶ <i>LES MILLS</i>
<b>Stretch: Legs &amp; Wrists</b> 11:30-11:45am <i>Caitlynn</i>	<b>Stretch</b> 11:30-11:45am <i>Amanda</i>	<b>Stretch: Neck &amp; Shoulder</b> 11:30-11:45am <i>Amanda</i>	<b>Stretch</b> 11:30-11:45am <i>Lisa</i>	<b>Stretch: Back &amp; Posture</b> 11:30-11:45am <i>Maria</i>	<b>Dance</b> 1-1:45 ▶ <i>LES MILLS</i>	<b>Dance</b> 1-1:45 ▶ <i>LES MILLS</i>
<b>Core Circuit</b> 11:50am-12pm <i>Caitlynn</i>	<b>Lower Body Burn</b> 11:50am-12pm <i>Amanda</i>	<b>Core Flow</b> 11:50am-12pm <i>Amanda</i>	<b>Upper Body Burn</b> 11:50am-12pm <i>Lisa</i>	<b>Core Circuit</b> 11:50am-12pm <i>Maria</i>	<b>Core</b> 2-2:45pm ▶ <i>LES MILLS</i>	<b>Core</b> 2-2:45pm ▶ <i>LES MILLS</i>
<b>Cardio Sculpt</b> 12:10-12:40pm <i>Brenda</i>	<b>Cardio Boxing</b> 12:10-12:40pm <i>Amanda</i>	<b>HIIT</b> 12:10-12:40pm <i>Brenda</i>	<b>Cardio Sculpt</b> 12:10-12:40pm <i>Lisa</i>	<b>Strong</b> 12:10-12:40pm <i>Maria</i>	<b>Cycle</b> 3-3:45pm ▶ <i>LES MILLS</i>	<b>Cycle</b> 3-3:45pm ▶ <i>LES MILLS</i>
<b>Calm: Breath</b> 1:30-1:40pm <i>Mat</i>	<b>Calm</b> 1:30-1:40pm ▶	<b>Calm: Visualize</b> 1:30-1:40pm <i>Mat</i>	<b>Calm</b> 1:30-1:40pm ▶	<b>Quick Calm</b> 1:30-1:40pm <i>Mat</i>	<p><b>Head to <a href="http://well-north.com">well-north.com</a> to see full class descriptions</b></p> <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; margin-right: 5px;"></span> Mindfulness</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #DDA0DD; margin-right: 5px;"></span> 10 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; margin-right: 5px;"></span> 15 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; margin-right: 5px;"></span> 30 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; margin-right: 5px;"></span> 45 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; margin-right: 5px;"></span> On Demand Video</li> <li><span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; margin-right: 5px;"></span> <i>LES MILLS</i> Les Mills On Demand</li> </ul>	
<b>Stretch</b> 1:50-2pm <i>Caitlynn</i>	<b>Stretch</b> 1:50-2pm <i>Ann</i>	<b>Stretch</b> 1:50-2pm <i>Caitlynn</i>	<b>Stretch</b> 1:50-2pm <i>Amanda</i>	<b>Stretch</b> 1:50-2pm <i>Paige</i>		
<b>Strong</b> 2:10-2:40pm <i>Caitlynn</i>	<b>Cycle</b> 2:10-2:40pm ▶ <i>LES MILLS</i>	<b>Zumba</b> 2:10-2:40pm <i>Caitlynn</i>	<b>Core</b> 2:10-2:40pm ▶ <i>LES MILLS</i>	<b>Low Impact</b> 2:10-2:40pm ▶ <i>LES MILLS</i>		
<b>Stretch Upper Body</b> 5-5:15pm ▶ <i>LES MILLS</i>	<b>BodyBalance</b> 5-5:15pm ▶ <i>LES MILLS</i>	<b>Yoga Fusion</b> 4:30-5:15pm <i>Trinh</i>	<b>Stretch Hip Mobility</b> 5-5:15pm ▶ <i>LES MILLS</i>	<b>Stretch Spine Mobility</b> 5-5:15pm ▶ <i>LES MILLS</i>		
<b>Core Flow</b> 6:45-6:55pm <i>Trinh</i>	<b>BodyPump Upper Body</b> 6:45-7pm ▶ <i>LES MILLS</i>	<b>Core Circuit</b> 6:45-6:55pm ▶	<b>BodyPump Lower Body</b> 6:45-7pm ▶ <i>LES MILLS</i>	<b>BodyPump Arms</b> 6:45-7pm ▶ <i>LES MILLS</i>		
<b>Yoga</b> 7-7:45pm <i>Trinh</i>	<b>Grit: Athletic</b> 7-7:30pm ▶ <i>LES MILLS</i>	<b>Cardio Sculpt</b> 7-7:30pm ▶	<b>Grit: Cardio</b> 7-7:30pm ▶ <i>LES MILLS</i>	<b>Grit: Strength</b> 7-7:30pm ▶ <i>LES MILLS</i>		
<b>BodyBalance</b> 9-9:30pm ▶ <i>LES MILLS</i>	<b>BodyCombat</b> 9-9:30pm ▶ <i>LES MILLS</i>	<b>BodyPump</b> 9-9:30pm ▶ <i>LES MILLS</i>	<b>Cycle</b> 9-9:30pm ▶ <i>LES MILLS</i>	<b>BodyAttack</b> 9-9:30pm ▶ <i>LES MILLS</i>		

Register and join classes via the Well North Member Portal or App. All sessions stream on Zoom. The passcode to join is virtual.



[well-north.com](http://well-north.com)



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