

# WELLNORTH LIVE CLASS SCHEDULE


April 1 - June 28, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING AMANDA	<b>CARDIO</b> SCULPT LISA C.	<b>STRONG</b> DEB	<b>YOGA</b> LISA C.	<b>CARDIO</b> BOXING AMANDA
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	<b>STRETCH</b> ANN	<b>STRETCH</b> ERIKA	<b>STRETCH</b> AMANDA	<b>STRETCH</b> ANN	<b>STRETCH</b> ERIKA
1:10PM ATLANTIC 12:10PM EASTERN 10:10AM MOUNTAIN 9:10AM PACIFIC	<b>CARDIO</b> SCULPT BRENDA	<b>BARRE</b> KYLA	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING BRENDA	<b>CARDIO</b> SCULPT CHRISTYN	<b>STRONG</b> CORY
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	<b>MIND</b> MAT	<b>MIND</b> ON DEMAND	<b>MIND</b> MAT	<b>MIND</b> ON DEMAND	<b>MIND</b> MAT
3:10PM ATLANTIC 2:10PM EASTERN 12:10PM MOUNTAIN 11:10AM PACIFIC	<b>BARRE</b> KYLA	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING ON DEMAND	<b>STRONG</b> ANN	<b>CARDIO</b> BOXING ON DEMAND	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING ANN
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			<b>YOGA</b> FUSION TRINH		
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	<b>STRONG</b> LISA S.	<b>YOGA</b> ON DEMAND	<b>CARDIO</b> SCULPT LISA S.	<b>HIIT</b> HIGH INTENSITY INTERVAL TRAINING ON DEMAND	

Register and join classes via the [Well North Member Portal](#) or App.

All sessions stream on Zoom. The passcode to join is **virtual**.

No classes on May 20, 2024

 On Demand Classes will be replays of the classes indicated on the schedule. Register and join the sessions the same way you would for a live class.

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	Description	Equipment Required
<b>STRONG</b>	This 30-minute session is dedicated to sculpting and toning your muscles through a series of high-repetition, strength-based movements.	1 Mat Weights or Dumbbells
<b>CARDIOBOXING</b>	Set to energizing music, Cardio Boxing incorporates dynamic boxing moves like punches, kicks, knees, and elbows to elevate your heart rate and melt away tension.	None
<b>CARDIOSCULPT</b>	Using a combination of cardio exercises and strength training, Cardio Sculpt delivers a comprehensive fitness experience. Feel the burn as you work every major muscle group, all set to motivating music that propels you through the workout.	1 Mat Weights or Dumbbells
<b>YOGAFUSION</b>	Yoga Fusion seamlessly combines the best of yoga and Pilates, guiding you through a flow of invigorating movements that enhance flexibility, build core strength, and promote mindfulness.	1 Mat
<b>HIIT</b> <small>HIGH INTENSITY INTERVAL TRAINING</small>	Get ready to elevate your fitness with our invigorating HIIT class! No need for fancy equipment - just grab your mat, and let's break a sweat together. This bodyweight-only workout is designed to push your limits and boost your energy.	1 Mat
<b>STRETCH</b>	In this short but impactful class, we'll guide you through a series of gentle movements designed to reduce pain, and counteract the strains caused by prolonged periods of sitting.	None
<b>BARRE</b>	A fusion of Pilates, barre, and core exercises designed to sculpt and strengthen. Grab your light weights and find stability with a chair or barre as we guide you through a transformative core-focused experience.	Light weights Barre/chair 1 Mat
<b>YOGA</b>	Ignite your inner strength and flexibility in our invigorating Yoga class. This fitness-inspired session seamlessly blends flowing movements to improve flexibility, mobility, balance, and overall well-being.	1 Mat
<b>MIND</b>	Immerse yourself in the present moment, cultivate inner calmness, and discover the transformative benefits of mindfulness in this immersive guided mindfulness session designed to forge a connection between body and mind.	None

## Group Classes Etiquette:

- Please try to arrive on time for class.
- All live streaming group classes are streamed via Zoom. Please ensure you have Zoom installed prior to you session.
- Please come prepared with the recommended equipment list above.
- If you register for a sessions, please try to ensure you attend. If you are not able to attend, please remember to cancel your reservation.
- Please ensure your microphone is off during class unless you require assistance or have a question.