

# WELLNORTH SCHEDULE

June 29 - September 6, 2026

Northern  
COLLEGE

WellNorth

| Monday                                         | Tuesday                                                      | Wednesday                                    | Thursday                                                     | Friday                                       | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                       | Sunday                             |
|------------------------------------------------|--------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| <b>Upper Body Burn</b><br>6:55-7:05am Karen    | <b>Cardio Blast</b><br>6:55-7:05am Tab                       | <b>Core Circuit</b><br>6:55-7:05am Deb       | <b>Lower Body Burn</b><br>6:55-7:05am Lisa                   | <b>Core Flow</b><br>6:55-7:05am Ann          | <b>Strong</b><br>9-9:30am                                                                                                                                                                                                                                                                                                                                                                                                      | <b>HIIT</b><br>9-9:30am            |
| <b>HIIT</b><br>7:10 - 7:40am Karen             | <b>Triple Target</b><br>7:10 - 7:40am Tab                    | <b>Strong</b><br>7:10 - 7:40am Deb           | <b>Yoga</b><br>7:10 - 7:40am Lisa                            | <b>Cardio Sculpt</b><br>7:10 - 7:40am Ann    | <b>Stretch</b><br>10-10:15am                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Stretch</b><br>10-10:15am       |
| <b>Energize Stretch</b><br>7:45 - 7:55am Karen | <b>Core Circuit</b><br>7:45 - 7:55am Tab                     | <b>Energize Stretch</b><br>7:45 - 7:55am Deb | <b>Core Flow</b><br>7:45 - 7:55am Lisa                       | <b>Energize Stretch</b><br>7:45 - 7:55am Ann | <b>Cardio Sculpt</b><br>11-11:30am                                                                                                                                                                                                                                                                                                                                                                                             | <b>Cardio Boxing</b><br>11-11:30am |
| <b>Cardio Sculpt</b><br>10 - 10:30am           | <b>Yoga</b><br>9 - 9:30am                                    | <b>HIIT</b><br>10 - 10:30am                  | <b>Strong</b><br>9 - 9:30am                                  | <b>Ride</b><br>10 - 10:30am                  | <b>Core Flow</b><br>12-12:10pm                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Core Circuit</b><br>12-12:10pm  |
| <b>Stretch</b><br>11:30-11:45am Heather        | <b>Stretch : Back &amp; Posture</b><br>11:30-11:45am Heather | <b>Stretch</b><br>11:30-11:45am Lisa         | <b>Stretch : Neck &amp; Shoulder</b><br>11:30-11:45am Amanda | <b>Stretch</b><br>11:30-11:45am Alissa       | <b>Yoga</b><br>1-1:45                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Triple Target</b><br>1-1:45     |
| <b>Cardio Blast</b><br>11:50am-12pm Heather    | <b>Lower Body Burn</b><br>11:50am-12pm Heather               | <b>Core Flow</b><br>11:50am-12pm Lisa        | <b>Upper Body Burn</b><br>11:50am-12pm Amanda                | <b>Core Circuit</b><br>11:50am-12pm Alissa   | <b>Upper Body Burn</b><br>2-2:10pm                                                                                                                                                                                                                                                                                                                                                                                             | <b>Lower Body Burn</b><br>2-2:10pm |
| <b>Pilates Fusion</b><br>12:10-12:40pm Heather | <b>Cardio Sculpt</b><br>12:10-12:40pm Heather                | <b>Triple Target</b><br>12:10-12:40pm Lisa   | <b>Cardio Boxing</b><br>12:10-12:40pm Amanda                 | <b>Strong</b><br>12:10-12:40pm Alissa        | <b>Ride</b><br>3-3:30pm                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Pilates Fusion</b><br>3-3:30pm  |
| <b>Calm</b><br>1:30-1:40pm Mat                 | <b>Calm</b><br>1:30-1:40pm Mat                               | <b>Calm</b><br>1:30-1:40pm Mat               | <b>Calm</b><br>1:30-1:40pm Mat                               | <b>Calm</b><br>1:30-1:40pm Mat               | Head to <a href="https://well-north.com">well-north.com</a> to see full class descriptions<br><br><div> <div></div> Mindfulness                         <div></div> 10 minute class                         <div></div> 15 minute class                         <div></div> 30 minute class                         <div></div> 45 minute class                         <div></div> On Demand Video                     </div> |                                    |
| <b>Stretch</b><br>1:50-2pm Julia               | <b>Stretch</b><br>1:50-2pm Caitlynn                          | <b>Stretch</b><br>1:50-2pm Olivia            | <b>Stretch</b><br>1:50-2pm Caitlynn                          | <b>Stretch</b><br>1:50-2pm Criss             |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                    |
| <b>Barre Fusion</b><br>2:10-2:40pm Julia       | <b>Upper Body Burn</b><br>2:10-2:20pm Caitlynn               | <b>Lower Body Burn</b><br>2:10-2:20pm Olivia | <b>Low Impact Sweat</b><br>2:10-2:20pm Caitlynn              | <b>Pilates Fusion</b><br>2:10-2:40pm Criss   |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                    |
| <b>Ride</b><br>4:30-5pm Mia                    | <b>Pilates Fusion</b><br>4:30-5pm Criss                      | <b>Yoga Fusion</b><br>4:30-5:15pm Trinh      | <b>Cardio Sculpt</b><br>4:30-5pm                             | <b>Strong</b><br>4:30-5pm                    |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                    |
| <b>Core Flow</b><br>6:45-6:55pm Trinh          | <b>Energize Stretch</b><br>6:45-6:55pm                       | <b>Stretch</b><br>6:45-6:55pm                | <b>Core Circuit</b><br>6:45-6:55pm                           | <b>Energize Stretch</b><br>6:45-7pm          |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                    |
| <b>Yoga</b><br>7-7:45pm Trinh                  | <b>Zumba</b><br>7-7:30pm                                     | <b>Triple Target</b><br>7-7:30pm             | <b>Strong</b><br>7-7:10pm                                    | <b>Cardio Boxing</b><br>7-7:30pm             |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                    |
| <b>Triple Target</b><br>9-9:30pm               | <b>Strong</b><br>9-9:30pm                                    | <b>HIIT</b><br>9-9:30pm                      | <b>Ride</b><br>9-9:30pm                                      | <b>Yoga</b><br>9-9:30pm                      |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                    |

Register and join classes via the WellNorth Member Portal or App.

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



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



[wellnorth@livunltd.com](mailto:wellnorth@livunltd.com)