

WELLNORTH SCHEDULE

January 5 - March 27, 2026

N Northern
COLLEGE

WellNorth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body Burn 6:55-7:05am Amanda	Cardio Blast 6:55-7:05am Tab	Core Circuit 6:55-7:05am Deb	Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann	Strong 9-9:30am ►	HIIT 9-9:30am ►
HIIT 7:10 - 7:40am Amanda	Triple Target 7:10 - 7:40am Tab	Strong 7:10 - 7:40am Deb	Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann	Stretch 10-10:15am ►	Stretch 10-10:15am ►
Energize Stretch 7:45 - 7:55am Amanda	Core Circuit 7:45 - 7:55am Tab	Energize Stretch 7:45 - 7:55am Deb	Core Flow 7:45 - 7:55am Lisa	Energize Stretch 7:45 - 7:55am Ann	Cardio Sculpt 11-11:30am ►	Cardio Boxing 11-11:30am ►
Cardio Sculpt 9 - 9:30am Caitlynn	Yoga 9 - 9:30am ►	HIIT 9 - 9:30am Ann	Strong 9 - 9:30am ►	HIIT 9 - 9:30am ►	Core Flow 12-12:10pm ►	Core Circuit 12-12:10pm ►
Stretch: Back & Posture 11:30-11:45am Ashlee	Stretch 11:30-11:45am Ashlee	Stretch: Neck & Shoulder 11:30-11:45am Lisa	Stretch 11:30-11:45am Amanda	Stretch: Hips, Wrist, Legs 11:30-11:45am Maria	Yoga 1-1:45 ►	Triple Target 1-1:45 ►
Cardio Blast 11:50am-12pm Ashlee	Core Circuit 11:50am-12pm Ashlee	Upper Body Burn 11:50am-12pm Lisa	Core Flow 11:50am-12pm Amanda	Lower Body Burn 11:50am-12pm Maria	Upper Body Burn 2-2:10pm ►	Lower Body Burn 2-2:10pm ►
Strong 12:10-12:40pm Ashlee	HIIT 12:10-12:40pm Ashlee	Cardio Sculpt 12:10-12:40pm Lisa	Cardio Boxing 12:10-12:40pm Amanda	Triple Target 12:10-12:40pm Maria	Ride 3-3:30pm ►	Pilates Fusion 3-3:30pm ►
Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Head to well-north.com to see full class descriptions	
Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Ann	Stretch 1:50-2pm Paige	Stretch 1:50-2pm Dominik	Stretch 1:50-2pm Criss		
Core Circuit 2:10-2:20pm Caitlynn	Lower Body Burn 2:10-2:20pm Ann	Cardio Blast 2:10-2:20pm Paige	Upper Body Burn 2:10-2:20pm Dominik	Pilates Fusion 2:10-2:40pm Criss		
Ride 4:30-5pm Mia	Pilates Fusion 4:30-5pm ►	Yoga Fusion 4:30-5:15pm Trinh	Cardio Sculpt 4:30-5pm ►	Strong 4:30-5pm ►		
Core Flow 6:45-6:55pm Trinh	Energize Stretch 6:45-6:55pm ►	Stretch 6:45-6:55pm ►	Core Circuit 6:45-6:55pm Paige	Energize Stretch 6:45-7pm ►		
Yoga 7-7:45pm Trinh	Cardio Sculpt 7-7:30pm ►	Triple Target 7-7:30pm ►	HIIT 7-7:30pm Paige	Cardio Boxing 7-7:30pm ►		
Triple Target 9-9:30pm ►	Strong 9-9:30pm ►	HIIT 9-9:30pm ►	Ride 9-9:30pm ►	Yoga 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



wellnorth@livunltd.com

Mindfulness

10 minute class

15 minute class

30 minute class

45 minute class

► On Demand Video