







WELLNORTH SCHEDULE

January 5 - March 27, 2026

Northern
COLLEGE

WellNorth

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