

NCC SPRING FITNESS SCHEDULE

SPRING 2024 - SCHEDULE STARTS APRIL 8, 2024

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CLASS TYPE	Moderate/High Intensity	Aquatics	Mind & Body	Low/Moderate Intensity	CLASS LOCATION
					Community Room (Upper Level)
					Track / Gym (Lower Level)

www.nutrienciviccentre.com

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506.432.6100

240 Main Street, Sussex New Brunswick

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	9:00am (45min) Aqua Fitness with Anita	9:00am (45min) Aqua Fitness with Robert	9:00am (45min) Aqua Fitness with Lesa	9:00am (45min) Aqua Fitness with Robert	9:00am (45min) Aqua Fitness with Anita	
	⌵ 9:00am (45min) RAW with Jill	⌶ 9:00am (45min) Tabata with Shari	⌵ 9:00am (45min) TRX Total Body w Dawn	⌶ 9:00am (45min) Dance Fitness with Bonny	⌶ 9:00am (45min) Bike Bootcamp with Jill	⌵ 9:00am (45min) RAW with (Rotation)
	⌶ 10:00am (45min) Fit Over 50 with Jill	⌵ 10:00am (30min) Walking Workout with Anita	⌶ 10:00am (45min) Fit Over 50 with Dawn	⌶ 10:00am (45min) Yoga with Cathie	⌶ 10:00am (45min) Fit Over 50 with Shari	
	10:15am (30min) Aqua Arthritis with Anita	⌶ 10:00am (45min) Yoga with Cathie	10:15am (30min) Aqua Arthritis with Jill		10:15am (30min) Aqua Arthritis with Anita	
	⌶ 11:00am (30min) Chair Yoga with Jill	⌶ 11:00am (30min) Senior Power w Shari	⌶ 11:00am (30min) Chair Yoga with Jill	⌶ 11:00am (30min) Senior Power with Jill	⌶ 11:00am (30min) Full Body Stretch with Jill	
Afternoon/Evening	⌶ 12:15pm (30min) Guts n Butts with Jill		⌶ 12:15pm (30min) Upper Body Sculpt & Tone w Shari		⌶ 12:15pm (30min) Full Body Strength w Jill	
		⌶ 3:45pm (45min) Flex & Flow w Dawn		⌵ 3:45pm (45min) TRX Total Body w Jill		
	⌵ 5:30pm (60min) RAW with Shari	⌶ 5:30pm (45min) Spin with Alexandra	⌵ 5:30pm (60min) RAW with Jill	⌶ 5:30pm (45min) Spin with Jill		
	⌶ 5:30pm (45min) Dance Fitness w Bonny	6:00pm (45min) Aqua Circuit with Paige	⌶ 5:30pm (45min) Step & Tone w Dawn	6:00pm (45min) Aqua Jogging with Kim		
	⌶ 6:30pm (45min) Yoga with Annie		⌶ 6:30pm (45min) Yoga with Annie	⌵ 6:30pm (45min) RAW with Dawn		



(Updated April 9, 2024)