

# NCC SUMMER FITNESS SCHEDULE

SUMMER 2024 - SCHEDULE STARTS JUNE 3, 2024

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**CLASS TYPE**

Moderate/High Intensity (Yellow)

Aquatics (Blue)

Mind & Body (Light Blue)

Low/Moderate Intensity (Green)

**CLASS LOCATION**

Community Room (Upper Level) (Up Arrow)

Track / Gym (Lower Level) (Down Arrow)

www.nutrienciviccentre.com      frontdesk@nutrienciviccentre.com      506.432.6100      240 Main Street, Sussex New Brunswick

	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 w (Rotation)	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 Catherine	10:00am (45min) Fit Over 50 with Shari	
	10:15am (30min) Aqua Arthritis with Anita	10:00am (45min) Yoga with Catherine	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 Jill	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		11:45am (30min) Chair Yoga w Catherine	
					12:15pm (30min) Full Body Strength w Jill	
	5:30pm (60min) RAW with Shari	5:30pm (45min) Step & Tone with Dawn	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 Stefanie		6:00pm (45min) Aqua Jogging with Kim		
	6:30pm (45min) Yoga with Reegan		6:30pm (45min) Yoga with Shari			



(Updated June 3, 2024)