



The Wellness Center

January –April

2019



1982 ~ Celebrating 37 Years of Fun, Health and Fitness ~ 2019

1734 Crawford Farm Road, Newport ~ 334-5566 ~ www.northcountryhospital.org/wellness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am (Cycling) Cardio & Core with Lauren	5:45 am FitMix Cardio with Nicole	6:00 am (Cycling) Cardio & Core with Lauren	5:45 am FitMix Strength with Nicole	6:00 am Spinning® James	7:15 am Cardio/ Core/Strrretch w/ Lauren (Cycle)
8:30 am Spinning® with Alissa	8:30 am Spinning® with Alissa	9:00 am Yoga with Pat	8:30 am Boxing with Mary	9:00 am Yoga with Pat	8:30 am Spinning® James	8:30 am Drums Alive®
9:30 am Yoga with Alissa	9:30 am Yoga with Alissa	10:30 am Work It Circuit with Mary	9:30 am Yoga with Alissa	10:30 am Work It Circuit with Mary	9:30 am Daytime Gentle Yoga with Jana	Various Workshops
10:30 am Zumba® Toning with Susan	10:30 am Limber Up (senior) with Lynn	11:30 am Zumba® Gold with (seniors) Anh-Thu	10:30 am Limber Up (senior) with Lynn	11:30 am Zumba® Gold with (seniors) Anh-Thu	10:30 am Limber Up (senior) with Lynn	CPR/AED & First Aid Monthly
Various Workshops	2:45 pm YO (ga) Men with Sally	4:15 pm Yogalaties w/ Mary	11:30 am Happy Feet With Hope		3:15 pm Mindfulness with Annie	
	4:15 pm Yoga with Cristina	5:15 pm Zumba® with Mary	4:15 pm Sweat and Stretch with Katharine	4:15 pm PiYo® LIVE with Mary	4:15 pm Zumba® & Stretch with Susan	Babysitting Course Feb 9
	5:15 pm Tone-Tastic w/ Mary	6:15 pm Power Pilates w/ Ellen	5:15 pm (Cycling) Cardio & Core Lauren	5:15 pm Zumba® w/ Mary	5:15 pm Family Drums and Dance	
	6:15 pm All Star Workout w/ Mary		6:15 pm Drums Alive® with Anh-Thu	6:15 pm Boxing with Mary	6:15 pm Kempo Karate with Sensei Ricky	
Troy Parish Hall	1:00 pm Yo (Men) 5:30 pm Yo-GO!	6:00 pm Yoga with Sally and Ali				
Newport Church of God		4:30 pm Gentle Yoga w/ Jana		4:30 pm Yoga 5:30 pm Tai Chi		

2019 Winter/Early Spring classes run January-April. Anyone may start at anytime!

Call for dates and prices. Pre-registration required. 802-334-5566