



NINA B. HOLLIS WELLNESS CENTER GROUP EXERCISE SCHEDULE

SPRING 2021

CLASSES
BEGIN JAN 26

ALL CLASSES ARE
LOCATED ON HWC
COURT #2

MONDAY

INDOOR
CYCLING 30
ROB
12:15-12:45PM

AB ATTACK
BRITTANY
6-6:30PM

YOGA
NIKITA
7-7:45PM

TUESDAY

TOTAL BODY
CONDITIONING
KRISTIN
12:15-1PM

INDOOR
CYCLING 45
TAYLOR
5:30-6:15PM

★
ZUMBA
DANIELA
7-8PM

WEDNESDAY

INDOOR
CYCLING 45
KYLIE
7-7:45AM

INDOOR
CYCLING 30
CHRISTIE
12:15-12:45PM

★
TOTAL BODY
CONDITIONING
GEMMA
5:30-6:15PM

★
YOGA STRONG
NIKITA
6:45-7:30PM

THURSDAY

★
CORE N MORE
KRISTIN
12:15-1PM

BUTTS N GUTS
KYLIE
5:30-6:15PM

FRIDAY

★
YOGA
TAYLOR
11-11:45AM

LIVE STREAMED CLASSES ARE DESIGNATED BY
THE ★ AND CAN BE FOUND ON OUR UPACE GX
SCHEDULE.

