



GROUP FITNESS

NFC LIVE - GX Schedule

www.nfc1.com

CLASS DESCRIPTIONS

LIKE our social media pages to receive daily workout challenges and LIVE classes!

SUN	MONDAY	TUESDAY	3. 24.	WEDNESDAY	3. 25. 20	THURSDAY	3. 26. 2020	FRIDA	3. 27. 2020	SATURDAY
				9:00 Barre Workout Jo	9:00 Full Body Circuit Sara W.	9:00 Total Body Tone Lisa				10AM Yoga Flow Pepper
		12:00 Total Body Tone Jo	12:00 Dance & Tone Karen	12:00 Cardio Conditioning Dona	12:00 Yoga Marcie					
		4:00 Dance Fitness Jo	4:00 Total Body Lisa	4:00 Barre Workout Jo	4:00 Martial Arts Mayhem Jo					

**Online
Classes &
Workouts**