

NSHC Group Fitness Calendar

✦ OCTOBER 2022 ✦

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Zumba 5:30PM NRC	4	5 Spynergy 5:30am WTC Mindful Movement 5:15PM WTC	6	7 Fusion Flow 12:05PM WTC	8
9	10 Fusion Flow 5:15PM WTC Zumba 5:30PM NRC	11 Strong Nation 5:45AM NRC	12 Spynergy 5:30am WTC Strong Nation 5:30PM NRC	13 Mad Muscles 5:45AM NRC	14 Fusion Flow 12:05PM WTC	15 Super Circuit 9:00AM NRC
16	17 Zumba 5:30PM NRC	18 Strong Nation 5:45AM NRC	19 Spynergy 5:30am WTC Mindful Movement 5:15PM WTC Strong Nation 5:30PM NRC	20 Mad Muscles 5:45AM NRC	21	22 Super Circuit 9:00AM NRC
23	24 Zumba 5:30PM NRC	25 Strong Nation 5:45AM NRC	26 Mindful Movement 5:15PM WTC Strong Nation 5:30PM NRC	27 Mad Muscles 5:45AM NRC	28	29 Squash the Gym Scaries! Fit Fair TBD - NRC
30	31 Fusion Flow 5:15PM WTC Zumba 5:30PM NRC	<p>Schedule is Subject to Change Location Key: NRC = Nome Recreation Center WTC= NSHC Wellness & Training Center NSHC = Main hospital conference room</p>		<p>You must reserve a spot in Spynergy Class the day prior by calling 443-3365 Voicemails are not accepted, you must speak to a staff member to confirm your spot.</p>		



Questions?
 Contact **CAMP**
 907-443-3365
wellness@nshcorp.org

Class Descriptions

Fusion Flow

Group fitness lesson built around the core concepts of Pilates and Yoga with a snippet of HIIT (High Intensity Interval Training). Fusion Flow is a full-body, low-impact, high-intensity workout followed by a mini meditation that will strengthen both your muscles and mind.

Strong Nation

Strong Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing.

Mad Muscles

Get your anger and frustrations out with this 40-minute strength and cardio circuit. In this class, you will rotate through different exercises that will target the whole body while you have fun smashing, throwing, stomping and kicking. Yelling is encouraged!

Spynergy

An indoor cycling class set to exciting music, created to provide an excellent workout and improve cardio conditioning. All experience levels welcome. Bring water and a towel!

Super Circuit *NEW*

This total body conditioning workout takes you through 20 different stations that switch between strength and cardio. Come build up your strength and endurance with this 60 minute class.

Mindful Movement *NEW*

Practice peace and growth through this yoga and stretch class. Breathwork and meditation are used throughout class to help guide your movement, center your core, and balance your mind. All experience levels welcome!

Waiver & Class Information

All participants and instructors are required to sign in BEFORE the start of class which waives any risk of liability to NSHC CAMP and our instructors.

Classes are free of charge, but classes held at the Nome Recreation Center do require NRC daily admission or membership.

Classes are tracked per participant! We offer incentives for number of classes attended! As you hit your milestones (25, 50, 100+) CAMP staff will reach out to have you pick up your incentives!

ALL Fitness Levels are welcome! Ask your instructor how to modify, if necessary!



Questions?

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