

# NSHC Group Fitness Calendar

# SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Mad Muscles 5:45AM NRC	2	3
4	5	6 Strong Nation 5:45AM NRC	7 Spynergy 5:30am WTC Strong Nation 5:30PM NRC	8 Mad Muscles 5:45AM NRC	9 Fusion Flow 12:05PM WTC	10
11	12 Fusion Flow 5:15PM WTC	13 Strong Nation 5:45AM NRC	14 Spynergy 5:30am WTC Strong Nation 5:30PM NRC	15 Mad Muscles 5:45AM NRC Baby Beats! 11AM WTC	16 Fusion Flow 12:05PM WTC	17
18	19 Fusion Flow 5:15PM WTC	20 Strong Nation 5:45AM NRC	21	22 Mad Muscles 5:45AM NRC Baby Beats! 11AM WTC	23	24
25	26	27 Strong Nation 5:45AM NRC	28 Spynergy 5:30am WTC Strong Nation 5:30PM NRC	29 Mad Muscles 5:45AM NRC	30 Fusion Flow 12:05PM WTC	

**Schedule is Subject to Change**

**Location Key:**

**NRC = Nome Recreation Center**

**WTC= NSHC Wellness & Training Center**

**NSHC = Main hospital conference room**

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.



**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!

### Baby Beats!

Join for an interactive music and dance class with your young ones! Parents and children will sing, dance and move around together during this class, wear comfortable clothing. Parents and children 0-4 years of age are 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?

Contact CAMP

907-443-3365

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