<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mad Muscles 5:45AM NRC</td>
<td>Zumba 5:45AM NRC</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Zumba 5:30PM NRC</td>
<td>Strong Nation 5:45AM NRC</td>
<td>Strong Nation 5:30PM NRC</td>
<td>Mindful Movement 5:15PM WTC</td>
<td>Mad Muscles 5:45AM NRC</td>
<td>Zumba 5:45AM NRC</td>
<td>Super Circuit 9:00AM NRC Yoga 10:30AM NRC</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Zumba 5:30PM NRC</td>
<td>Strong Nation 5:45AM NRC</td>
<td>Strong Nation 5:30PM NRC</td>
<td>Spynery 5:30am WTC Strong Nation 5:30PM NRC</td>
<td>Mad Muscles 5:45AM NRC</td>
<td>Zumba 5:45AM NRC</td>
<td>Super Circuit 9:00AM NRC</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Fusion Flow NEW TIME 12:05pm WTC Zumba 5:30PM NRC</td>
<td>Strong Nation 5:45AM NRC</td>
<td>Mindful Movement 5:15PM WTC</td>
<td></td>
<td></td>
<td>Zumba 5:45AM NRC Fusion Flow 12:05PM WTC</td>
<td>Yoga 10:30AM NRC</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Zumba 5:30PM NRC</td>
<td>Strong Nation 5:45AM NRC</td>
<td>Mindful Movement 5:15PM WTC Strong Nation 5:30PM NRC</td>
<td></td>
<td></td>
<td>Super Circuit 9:00AM NRC Yoga 10:30AM NRC</td>
</tr>
</tbody>
</table>

Location Key:
NRC = Nome Recreation Center
WTC= NSHC Wellness & Training Center
NSHC = Main hospital conference room

You must reserve a spot in Spynergy Class Tuesday morning by calling 443-3365. Voicemails are not accepted, you must speak to a staff member to confirm your spot. Priority may be given to first time participants and you may only have one reservation a week.

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