

NACS SUMMER FITENSS SCHEDULE

Outdoor classes are weather permitting
 June 5th – July 28th *No classes the week of July 3rd-7th

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9:00AM	RUNNING CLUB @ Parkview Pavilion (INSTRUCTOR: Haylee):	9:00AM	YOGA: @ Parkview Pavilion (INSTRUCTOR: Rachel)	9:00AM	TOTAL BODY TONING @ Parkview Pavilion (Kate)	9:00AM	PILATES @ Parkview Pavilion (INSTRUCTOR: Amanda)
		9:00AM	WEIGHT MANAGEMENT CLASS: @ Oak View Elementary: Meet in Lounge (6 week class)				
		10:30AM	WEIGHT TRAINING @ Carroll Middle School Exercise Room (INSTRUCTOR: Amanda) Must RSVP due to space, email: Amanda.vanwagner@nacs.k12.in.us to sign up	4:00PM	CIRCUIT TRAINING GROUP EXERCISE @ Empowered Sports *BRING NACS ID TO SHOW PROOF OF EMPLOYMENT*	4:30PM	CICUIT TRAINING @ Health & Wellness Center (INSTRUCTOR: Heather) *This is an outdoor class, meet in the parking lot by Door 27*

See next page for class descriptions

CLASS DESCRIPTIONS

PARKVIEW PAVILION: These will be outside classes that meet at the Parkview North campus park. Classes will be held under the Pavilion

RUNNING CLUB	Wear your running shoes and join Haylee for a fun running group! All running levels welcome!
YOGA	Stretch and distress with this all level yoga class! Enjoy guided imagery, a form of mindful meditation involving all 5 senses. Please bring a yoga mat and a yoga strap (or an item that can be used as one: bathrobe belt, resistance band, etc).
WEIGHT MANAGEMENT CLASS	Are you looking for a way to lose weight, have accountability and get weekly support and tips to help you along your weight loss journey? Join Wellness Coach Amanda, in a 6-week class where you will receive just that and more. Class starts Tuesday, June 6 th . Email Amanda.VanWagner@nacs.k12.in.us to get signed up!
CIRCUIT TRAINING	This outdoor circuit training class is all about gaining power and strength. It will be challenged based on each individuals strength, all levels welcome. There will be team work exercises s well as obstacles that will leave you with a good, fun workout!
WEIGHT TRAINING	Join Wellness Coach Amanda to learn different weight lifting techniques and routines for a total body workout using machines and free weights. *MUST REGISTER DO TO SPACE, EMAIL AMANDA.VANWAGNER@NACS.K12.IN.US to sign up. Space is limited.
TOTAL BODY TONING	Bring water, a set of free weights, and a mat if you have them. Total Body Toning is a fun workout made for anyone of all fitness levels! Each class will include weight training, cardio, ab exercises and stretching. Modifications will be made for all exercises to accommodate to ALL levels!
PILATES	In this class, you will learn the basic exercises upon which the entire Pilates method is built. You will focus on building long lean muscles while building abdominal strength. Please bring a mat with you to class.