

















































CLASS SCHEDULE

April 1 - June 27, 2025

Nutrien FITNESS

Class times displayed in Mountain Time. [CLICK HERE](#) to see times in your time zone and class descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Flow 4:55-5:05am <i>Amanda</i>	Upper Body Burn 4:55-5:05am <i>Paige</i>	Core Circuit 4:55-5:05am <i>Deb</i>	Lower Body Burn 4:55-5:05am <i>Lisa</i>	Core Flow 4:55-5:05am <i>Ann</i>	BodyPump 7-7:45pm  LESMILLS	BodyPump 7-7:45pm  LESMILLS
HIIT 5:10 - 5:40am <i>Amanda</i>	Cardio Sculpt 5:10 - 5:40am <i>Paige</i>	Strong 5:10 - 5:40am <i>Deb</i>	Yoga 5:10 - 5:40am <i>Lisa</i>	HIIT 5:10 - 5:40am <i>Ann</i>	BodyCombat 8-8:45am  LESMILLS	BodyCombat 8-8:45am  LESMILLS
Mobility Boost 5:45 - 5:55am <i>Amanda</i>	Mobility Boost 5:45 - 5:55am <i>Paige</i>	Mobility Boost 5:45 - 5:55am <i>Deb</i>	Core Flow 5:45 - 5:55am <i>Lisa</i>	Mobility Boost 5:45 - 5:55am <i>Ann</i>	BodyAttack 9-9:45am  LESMILLS	BodyAttack 9-9:45am  LESMILLS
BodyPump 7 - 7:30am  LESMILLS	BodyBalance 7 - 7:30am  LESMILLS	BodyAttack 7 - 7:30am  LESMILLS	Dance 7 - 7:30am  LESMILLS	BodyCombat 7 - 7:30am  LESMILLS	BodyBalance 10-10:45pm  LESMILLS	BodyBalance 10-10:45pm  LESMILLS
Stretch: Legs & Wrists 9:30-9:45am <i>Caitlynn</i>	Stretch 9:30-9:45am <i>Amanda</i>	Stretch: Neck & Shoulder 9:30-9:45am <i>Amanda</i>	Stretch 9:30-9:45am <i>Lisa</i>	Stretch: Back & Posture 9:30-9:45am <i>Maria</i>	Dance 11-11:45am  LESMILLS	Dance 11-11:45am  LESMILLS
Core Circuit 9:50am-10am <i>Caitlynn</i>	Lower Body Burn 9:50am-10am <i>Amanda</i>	Core Flow 9:50am-10am <i>Amanda</i>	Upper Body Burn 9:50am-10am <i>Lisa</i>	Core Circuit 9:50am-10am <i>Maria</i>	Core 12-12:45pm  LESMILLS	Core 12-12:45pm  LESMILLS
Cardio Sculpt 10:10-10:40pm <i>Brenda</i>	Cardio Boxing 10:10-10:40pm <i>Amanda</i>	HIIT 10:10-10:40pm <i>Brenda</i>	Cardio Sculpt 10:10-10:40pm <i>Lisa</i>	Strong 10:10-10:40pm <i>Maria</i>	Cycle 1-1:45pm  LESMILLS	Cycle 1-1:45pm  LESMILLS
Calm: Breath 11:30-11:4am <i>Mat</i>	Calm 11:30-11:4am 	Calm: Visualize 11:30-11:4am <i>Mat</i>	Calm 11:30-11:4am 	Quick Calm 11:30-11:4am <i>Mat</i>	<p>Head to nutrienfitness.com to see full class descriptions</p> <ul style="list-style-type: none">  Mindfulness  10 minute class  15 minute class  30 minute class  45 minute class  On Demand Video  LESMILLS Les Mills On Demand 	
Stretch 11:50-12pm <i>Caitlynn</i>	Stretch 11:50-12pm <i>Ann</i>	Stretch 11:50-12pm <i>Caitlynn</i>	Stretch 11:50-12pm <i>Amanda</i>	Stretch 11:50-12pm <i>Paige</i>		
Strong 12:10-12:40pm <i>Caitlynn</i>	Cycle 12:10-12:40pm  LESMILLS	Zumba 12:10-12:40pm <i>Caitlynn</i>	Core 12:10-12:40pm  LESMILLS	Low Impact 12:10-12:40pm  LESMILLS		
Stretch Upper Body 3-3:15pm  LESMILLS	BodyBalance 3-3:15pm  LESMILLS	Yoga Fusion 2:30-3:15pm <i>Trinh</i>	Stretch Hip Mobility 3-3:15pm  LESMILLS	Stretch Spine Mobility 3-3:15pm  LESMILLS		
Core Flow 4:45-4:55pm <i>Trinh</i>	BodyPump Upper Body 4:45-5pm  LESMILLS	Core Circuit 4:45-4:55pm 	BodyPump Lower Body 4:45-5pm  LESMILLS	BodyPump Arms 4:45-5pm  LESMILLS		
Yoga 5-5:45pm <i>Trinh</i>	Grit: Athletic 5-5:30pm  LESMILLS	Cardio Sculpt 5-5:30pm 	Grit: Cardio 5-5:30pm  LESMILLS	Grit: Strength 5-5:30pm  LESMILLS		
BodyBalance 7-7:30pm  LESMILLS	BodyCombat 7-7:30pm  LESMILLS	BodyPump 7-7:30pm  LESMILLS	Cycle 7-7:30pm  LESMILLS	BodyAttack 7-7:30pm  LESMILLS		

Register and join classes via the Nutrien Fitness Member Portal or App. All sessions stream on Zoom. The passcode to join is virtual.

nutrienfitness.com

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