

NUTRIEN FITNESS SCHEDULE

September 8 - December 18, 2026

Class times displayed in Mountain Time.

Nutrien
FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body Burn 4:55-5:05am Karen	Cardio Blast 4:55-5:05am Tab	Core Circuit 4:55-5:05am Deb	Lower Body Burn 4:55-5:05am Lisa	Core Flow 4:55-4:05am Ann	Strong 5-5:30am	HIIT 5-5:30am
HIIT 5:10 - 5:40am Karen	Triple Target 5:10 - 5:40am Tab	Strong 5:10 - 5:40am Deb	Yoga 5:10 - 5:40am Lisa	Cardio Sculpt 5:10 - 5:40am Ann	Stretch 6-6:15am	Stretch 6-6:15am
Energize Stretch 5:45 - 5:55am Karen	Core Circuit 5:45 - 5:55am Tab	Energize Stretch 5:45 - 5:55am Deb	Core Flow 5:45 - 5:55am Lisa	Energize Stretch 5:45 - 5:55am Ann	Cardio Sculpt 7-7:30am	Cardio Boxing 7-7:30am
Cardio Sculpt 8 - 10:30am	Yoga 7 - 7:30am	HIIT 8 - 8:30am	Strong 7 - 7:30am	Ride 8 - 8:30am	Core Flow 8-8:10am	Core Circuit 8-8:10am
Stretch 9:30-9:45am Heather	Stretch: Back & Posture 9:30-9:45am Nicole	Stretch 9:30-9:45am Lisa	Stretch: Neck & Shoulder 9:30-9:45am Nicole	Stretch 9:30-9:45am Alissa	Yoga 9-9:45am	Triple Target 9-9:45am
Cardio Blast 9:50am-10am Heather	Lower Body Burn 9:50am-10am Nicole	Core Flow 9:50am-10am Lisa	Upper Body Burn 9:50am-10am Nicole	Core Circuit 9:50am-10am Alissa	Upper Body Burn 10-10:10am	Lower Body Burn 10-10:10am
Pilates Fusion 10:10-10:40am Heather	HIIT 10:10-10:40am Nicole	Triple Target 10:10-10:40am Lisa	Sculpted Sweat 10:10-10:40am Nicole	Combat Cardio 10:10-10:40am Alissa	Ride 11-11:30am	Pilates Fusion 11-11:30am
Calm 11:30-11:40am Mat	Calm 11:30-11:40am Mat	Calm 11:30-11:40am Mat	Calm 11:30-11:40am Mat	Calm 11:30-11:40am Mat	Head to NutrienFitness.com to see full class descriptions Mindfulness 10 minute class 15 minute class 30 minute class 45 minute class On Demand Video	
Stretch 11:50-12pm Julia	Stretch 11:50-12pm Caitlynn	Stretch 11:50-12pm Olivia	Stretch 11:50-12pm Caitlynn	Stretch 11:50-12pm Criss		
Barre Fusion 12:10-12:40pm Julia	Upper Body Burn 12:10-12:20pm Caitlynn	Lower Body Burn 12:10-12:20pm Olivia	Low Impact Sweat 12:10-12:20pm Caitlynn	Pilates Fusion 12:10-12:40pm Criss		
Ride 2:30-3pm Mia	Cardio Sculpt 2:30-3pm	Yoga Fusion 2:30-3:15pm Trinh	Cardio Sculpt 2:30-3pm	Strong 2:30-3pm		
Core Flow 4:45-4:55pm Trinh	Energize Stretch 4:45-4:55pm	Stretch 4:45-4:55pm	Core Circuit 4:45-4:55pm	Energize Stretch 4:45-4:55pm		
Yoga 5-5:30pm Trinh	Zumba 5-5:30pm Caitlynn	Strong 5-5:30pm	Triple Target 5-5:30pm Caitlynn	Cardio Boxing 5-5:30pm		
Triple Target 7-7:30pm	Strong 7-7:30pm	HIIT 7-7:30pm	Ride 7-7:30pm	Yoga 7-7:30pm		

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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