

NUTRIEN FITNESS SCHEDULE

January 5 - March 27, 2026

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

Nutrien
FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body Burn 4:55-5:05am <i>Amanda</i>	Cardio Blast 4:55-5:05am <i>Tab</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>	Strong 7-7:30am ▶	HIIT 7-7:30am ▶
HIIT 5:10-5:40am <i>Amanda</i>	Triple Target 5:10-5:40am <i>Tab</i>	Strong 5:10-5:40am <i>Deb</i>	Yoga 5:10-5:40am <i>Lisa</i>	Cardio Sculpt 5:10-5:40am <i>Ann</i>	Stretch 8-8:15am ▶	Stretch 8-8:15am ▶
Energize Stretch 5:45-5:55am <i>Amanda</i>	Core Circuit 5:45-5:55am <i>Tab</i>	Energize Stretch 5:45-5:55am <i>Deb</i>	Core Flow 5:45-5:55am <i>Lisa</i>	Energize Stretch 5:45-5:55am <i>Ann</i>	Cardio Sculpt 9-9:30am ▶	Cardio Boxing 9-9:30am ▶
Cardio Sculpt 7-7:30am <i>Caitlynn</i>	Yoga 7-7:30am ▶	HIIT 7-7:30am <i>Ann</i>	Strong 7-7:30am ▶	HIIT 7-7:30am ▶	Core Flow 10-10:10pm ▶	Core Circuit 10-10:10pm ▶
Stretch: Back & Posture 9:30-9:45am <i>Ashlee</i>	Stretch 9:30-9:45am <i>Ashlee</i>	Stretch: Neck & Shoulder 9:30-9:45am <i>Lisa</i>	Stretch 9:30-9:45am <i>Amanda</i>	Stretch: Hips, Wrist, Legs 9:30-9:45am <i>Maria</i>	Yoga 11-11:45 ▶	Triple Target 11-11:45 ▶
Cardio Blast 11:50am-12pm <i>Ashlee</i>	Core Circuit 11:50am-12pm <i>Ashlee</i>	Upper Body Burn 11:50am-12pm <i>Lisa</i>	Core Flow 11:50am-12pm <i>Amanda</i>	Lower Body Burn 11:50am-12pm <i>Maria</i>	Upper Body Burn 12-12:10pm ▶	Lower Body Burn 12-12:10pm ▶
Strong 10:10-10:40am <i>Ashlee</i>	HIIT 10:10-10:40am <i>Ashlee</i>	Cardio Sculpt 10:10-10:40am <i>Lisa</i>	Cardio Boxing 10:10-10:40am <i>Amanda</i>	Triple Target 10:10-10:40am <i>Maria</i>	Ride 1-1:30pm ▶	Pilates Fusion 1-1:30pm ▶
Calm 11:30-11:40am <i>Mat</i>	Calm 11:30-11:40am <i>Mat</i>	Calm 11:30-11:40am <i>Mat</i>	Calm 11:30-11:40am <i>Mat</i>	Calm 11:30-11:40am <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 	
Stretch 11:50am-12pm <i>Caitlynn</i>	Stretch 11:50am-12pm <i>Ann</i>	Stretch 11:50am-12pm <i>Paige</i>	Stretch 11:50am-12pm <i>Dominik</i>	Stretch 11:50am-12pm <i>Criss</i>		
Core Circuit 12:10-12:20pm <i>Caitlynn</i>	Lower Body Burn 12:10-12:20pm <i>Ann</i>	Cardio Blast 12:10-12:20pm <i>Paige</i>	Upper Body Burn 12:10-12:20pm <i>Dominik</i>	Pilates Fusion 2:10-2:40pm <i>Criss</i>		
Ride 2:30-3pm <i>Mia</i>	Pilates Fusion 4:30-5pm ▶	Yoga Fusion 2:30-3:15pm <i>Trinh</i>	Cardio Sculpt 2:30-3pm ▶	Strong 4:30-5pm ▶		
Core Flow 4:45-4:55pm <i>Trinh</i>	Energize Stretch 4:45-4:55pm ▶	Stretch 4:45-4:55pm ▶	Core Circuit 4:45-4:55pm <i>Paige</i>	Energize Stretch 6:45-7pm ▶		
Yoga 5-5:45pm <i>Trinh</i>	Cardio Sculpt 5-5:30pm ▶	Triple Target 5-5:30pm ▶	HIIT 5-5:30pm <i>Paige</i>	Cardio Boxing 7-7:30pm ▶		
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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