

WELL NORTH CLASS SCHEDULE

Northern COLLEGE

WellNorth

December 2-6

12 DAYS OF FITMAS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	HIIT HIGH INTENSITY INTERVAL TRAINING AMANDA	COREFUSION LISA S	STRONG DEB	<i>Trimming the Tree</i> TABATA LISA C.	CARDIO SCULPT ANN
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	STRETCH HIPS, WRISTS & LEGS ANN	STRETCH CAITLYNN	STRETCH NECK AND SHOULDER AMANDA	<i>Jolly Stretch</i> ANN	STRETCH BACK AND POSTURE AMANDA
1:10PM ATLANTIC 12:10PM EASTERN 10:10AM MOUNTAIN 9:10AM PACIFIC	CARDIO SCULPT BRENDA	CARDIO BOXING AMANDA	<i>Jingle "Balls"</i> LISA C	<i>CandyCane Flow</i> JASMIN J	<i>Sleigh Bells & Bands</i> CRISS
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	CALM BREATHE MAT	CALM ON DEMAND	<i>Mindful Merriment</i> MAT	CALM ON DEMAND	QUICK CALM MAT
3:10PM ATLANTIC 2:10PM EASTERN 12:10PM MOUNTAIN 11:10AM PACIFIC	STRONG ANN	YOGA ON DEMAND	<i>Merry LiftMas</i> ERIKA	COREFUSION ON DEMAND	<i>Snowman Salsa & Sculpt</i> CAITLYNN
3:45PM ATLANTIC 2:45PM EASTERN 12:45PM MOUNTAIN 11:45AM PACIFIC		STRETCH PAIGE		<i>Jolly Stretch</i> CAITLYNN	
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			YOGA FUSION TRINH		
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	CARDIO BOXING ON DEMAND	HIIT HIGH INTENSITY INTERVAL TRAINING CAITLYNN	CARDIO SCULPT PAIGE	STRONG ON DEMAND	

FITMAS STARTS!

Earn points for every class you take from December 4 - 19, earn double points for FitMas classes!

WELL NORTH CLASS SCHEDULE

Northern COLLEGE

WellNorth

December 9-13

12 DAYS OF FITMAS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	HIIT HIGH INTENSITY INTERVAL TRAINING AMANDA	<i>Merry Muscle Mania</i> CAITLYNN	STRONG DEB	<i>Carolling Core</i> LISA S.	CARDIO SCULPT ANN
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	STRETCH HIPS, WRISTS & LEGS ANN	<i>Jolly Stretch</i> CAITLYNN	STRETCH NECK AND SHOULDER AMANDA	<i>Jolly Stretch</i> ANN	STRETCH BACK AND POSTURE AMANDA
1:10PM ATLANTIC 12:10PM EASTERN 10:10AM MOUNTAIN 9:10AM PACIFIC	<i>The 12 Reps of Christmas</i> BRENDA	<i>Holiday HIIT</i> PAIGE	<i>Jingle Bell Jam</i> BRENDA	<i>Snowman Strength</i> LISA S.	<i>Sleigh Bells & Bands</i> CRISS
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	CALM BREATHE MAT	CALM ON DEMAND	<i>Mindful Merriment</i> MAT	CALM ON DEMAND	QUICK CALM MAT
3:10PM ATLANTIC 2:10PM EASTERN 12:10PM MOUNTAIN 11:10AM PACIFIC	<i>Holly Jolly HIIT</i> PAIGE	YOGA ON DEMAND	<i>Ho-Ho HIIT</i> ERIKA	CORE FUSION ON DEMAND	<i>Grinchy Gains</i> PAIGE
3:45PM ATLANTIC 2:45PM EASTERN 12:45PM MOUNTAIN 11:45AM PACIFIC		<i>Jolly Stretch</i> PAIGE		<i>Jolly Stretch</i> AMANDA	
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			YOGA FUSION TRINH		
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	CARDIO BOXING ON DEMAND	HIIT HIGH INTENSITY INTERVAL TRAINING CAITLYNN	CARDIO SCULPT PAIGE	STRONG ON DEMAND	

Earn points for every class you take from December 4 - 19, earn double points for FitMas classes!



www.well-north.com



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905-838-2543

WELL NORTH CLASS SCHEDULE

Northern
COLLEGE

WellNorth

December 16-20

12 DAYS OF FITMAS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM ATLANTIC 7:15AM EASTERN 5:15AM MOUNTAIN 4:15AM PACIFIC	HIIT HIGH INTENSITY INTERVAL TRAINING AMANDA	<i>Core Kringle Conditioning</i> CAITLYNN	STRONG DEB	<i>Yuletide Yin</i> LISA C.	CARDIO SCULPT ANN
12:30AM ATLANTIC 11:30AM EASTERN 9:30AM MOUNTAIN 8:30AM PACIFIC	STRETCH HIPS, WRISTS & LEGS ANN	<i>Jolly Stretch</i> CAITLYNN	STRETCH NECK AND SHOULDER AMANDA	<i>Jolly Stretch</i> ANN	STRETCH BACK AND POSTURE AMANDA
1:10PM ATLANTIC 12:10PM EASTERN 10:10AM MOUNTAIN 9:10AM PACIFIC	<i>The 12 Reps of Christmas</i> BRENDA	<i>Jingle Jab Boxing</i> AMANDA	<i>Festive Flow & Tone</i> LISA C	<i>Sleigh Bells & Bands</i> CRISS	STRONG MARIA
2:30PM ATLANTIC 1:30PM EASTERN 11:30AM MOUNTAIN 10:30AM PACIFIC	CALM BREATHE MAT	CALM ON DEMAND	<i>Mindful Merriment</i> MAT	CALM ON DEMAND	QUICK CALM MAT
3:10PM ATLANTIC 2:10PM EASTERN 12:10PM MOUNTAIN 11:10AM PACIFIC	<i>Frosty's Full Body Blast</i> PAIGE	YOGA ON DEMAND	<i>Most Wonderful Tone of the Year</i> ERIKA	CORE FUSION ON DEMAND	HIIT HIGH INTENSITY INTERVAL TRAINING PAIGE
3:45PM ATLANTIC 2:45PM EASTERN 12:45PM MOUNTAIN 11:45AM PACIFIC		<i>Jolly Stretch</i> PAIGE		<i>Jolly Stretch</i> CAITLYNN	
5:30PM ATLANTIC 4:30PM EASTERN 2:30PM MOUNTAIN 1:30PM PACIFIC			<i>Holiday YOGA FUSION</i> TRINH		
8:15PM ATLANTIC 7:15PM EASTERN 5:15PM MOUNTAIN 4:15PM PACIFIC	CARDIO BOXING ON DEMAND	HIIT HIGH INTENSITY INTERVAL TRAINING CAITLYNN	CARDIO SCULPT PAIGE	STRONG ON DEMAND	

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12 DAYS OF FITMAS

Jingle 'Balls'	Using a stability ball and dumbbells, we will strengthen and 'mistletoe' . Challenge your core strength and balance and get holiday ready! Equipment: Stability Ball, dumbbells, mat.
Mindful Merriment	Amid the hustle and flurry of the holiday season, join our Mindful Merriment class to find tranquility and peace.
Merry Liftmas	Bring your weights and get ready for a festive, full-body workout that will have you lifting, pressing, and curling to holiday beats.
Trimming the Tree TABATA	In this high energy class we will be trimming, not the tree, but ourselves. Watch the calories burn off as we Tabata our way to Fitmas! Equipment needed: mat.
Sleigh Bells & Bands	Sleigh in this low impact, high energy full-body experience that fuses Pilates and yoga together designed the perfect workout that will strengthen you from the inside out.
Snowman Salsa and Sculpt	Heat up your holiday with a frosty twist in this Zumba-toning class! Grab your light weights and dance through a flurry of salsa moves that will have you shaking, sculpting, and smiling.
The 12 Reps of Christmas	Get ready to unwrap your strength this holiday season with "12 Reps of Christmas"! This weight-focused class features 12 rep intervals designed to sculpt and tone your body with each festive set.
Holly Jolly HIIT	Body weight only workout that will keep your heart pumping as we move through a festive mix of cardio intervals and dynamic bodyweight exercises. Ready to conquer the holiday season?
Merry Muscle Mania	Power up your holiday season with Merry Muscle Mania, a strength class that's all about building festive muscle! Bring your weights and get ready to lift, press, and curl your way to a stronger you.
Holiday HIIT	Leaving you feeling invigorated and ready to tackle your holiday to do list. Let's celebrate this season with a workout that is merry, bright and guaranteed to make you sweat!
Jingle Bell Jam	Shake, shimmy, and groove your way through the holiday season in this high-energy dance workout! "Jingle Bell Jam" brings a mix of song genres, from classic holiday tunes to upbeat hits, to keep you moving and grooving.
HIIT The Holidays	Bring the holiday heat with this bodyweight-only HIIT class, designed to boost your energy and keep you feeling festive! No equipment needed—just your holiday spirit and readiness to sweat through high-intensity intervals.
Carolling Core	Tune in to the festive beat as we sing our way through a core-focused workout. No equipment needed, just your holiday spirit and a desire to sculpt and strengthen your core muscles.
Snowman Strength	Grab your dumbbells or weights and let the festive vibes guide you through a powerful, full-body workout.
Grinchy Gains	Unleash your inner beast! Each set will push you to lift heavier and dig deeper, proving that even the grumpiest can transform their strength this season! Grab those dumbbells and let's work towards gains even the Grinch himself would envy.
Frosty's Full Body Blast	Get ready to melt through calories and build strength with this full body blast! Combining strength and cardio to keep you warm and strong this holiday season.
Core Kringle Conditioning	Give your core the gift of strength this season with Core Kringle Conditioning! This festive class targets your midsection with fun and challenging exercises that will leave you feeling merry and strong. No equipment needed
Jingle Jab Boxing	Knock out stress and punch up your energy in this high-intensity cardio boxing class that requires no equipment.
Festive Flow and Tone	Using very light weights, we will move through a vinyasa style class. You will be amazed how strong and lean you will feel. Equipment needed: mat, LIGHT dumbbells (or 2 water bottles)
Most Wonderful Tone of the Year	Celebrate the season with a joyful mix of weights and cardio that will leave you feeling merry and toned!
Holiday Yoga Fusion	Enjoy this Festive Holiday Yoga Fusion flow through the yoga fusion moves you love with a burst of holiday spirit!
Yuletide Yin	Take some time to relax and tide-stress from the busyness of the holidays with Yin Yoga. Equipment needed: mat, yoga block (or pillow), yoga strap (or belt)
Jolly Stretch	A Jolly Stretch break

