



GROUP FITNESS

MONDAY		TUESDAY		Wednesday		Thursday		Friday		Saturday	
6:00 AM S3	SPRINT (30) Dave	5:30 AM S3	Cycle45 (45) Heather	7:45 AM S3	Cycle45 (45) Melissa	5:30 AM S3	Cycle45 (45) Heather	6:00 AM S3	SPRINT (30) Dave	8:00 AM S2 (#)	BODYPUMP (60) Claudia
8:30 AM S3	Cycle45 (45) Lori	8:00 AM S2	BODYPUMP (45) Lori	9:15 AM S2 (#)	BODYPUMP (60) Michaline	8:00 AM S2	BODYPUMP (45) Alisha	8:00 AM S3	Cycle30(30) Lori	8:30 AM S3	SPRINT (30) Kelly
9:15 AM S2 (#)	BODYPUMP (60) Rachael	9:15 AM S1 (#)	Yoga (60) Rotation	9:30 AM S1 (#)	PiYO (60) Susannah	9:15 AM S2 (#)	BODYCOMBAT (45) Michaline	8:30 AM S3	Stretchosaurus Michaline	9:30 S2 (#)	HI/LO Circuit (45) Heather
9:30 AM S1 (#)	PiYO (60) Susannah	9:15 AM S3	CXWORX (30) Alisha	10:45 AM S2 (#)	SH'BAM (45) Michaline	10:30 AM Outside	TONE (45) Michaline	9:15 AM S2 (#)	BODYPUMP (60) Elyse	10:45 S2 (#)	Power Yoga (60) Rotation
10:45 AM S2	TONE (45) Michaline	10:30 AM Outside	BODYATTACK (45) Michaline	12:00 PM S2 (#)	Tai Chi Chih (60) Jack	12:00 PM S1 (#)	Silver Sneakers (60) Chris B.	9:30 AM S1 (#)	Yoga(60) Stephanie	Sunday	
12:00 PM S2 (#)	Zumba Gold (45) Renee	12:00 PM S1 (#)	Silver Sneakers (60) Susannah	12:00 PM S1 (#)	Silver Sneakers (60) Chris B.	1:00 PM S2 (#)	Gentle Yoga (60) Stephanie	10:45 AM Outside	BODYATTACK (30) Katie		
12:00 PM S1 (#)	Chair Yoga (60) Chris B	1:00 PM S2 (#)	Gentle Yoga (60) Rotation	5:15 PM S2 (#)	Tune UP (45) Heather	5:30 PM S2 (#)	SH'BAM (45) Dana	12:00 PM S2 (#)	Zumba Gold (45) Renee	9:30 AM S1 (#)	CX WORX (45) Dana
5:15 PM S2 (#)	TUNE UP (60) Heather	5:15 PM S1 (#)	YOGA (60) Stephanie	6:30 PM S2 (#)	BODYPUMP (60) Lisa	6:30 PM S2 (#)	BODYATTACK (30) Claudia	12:00 PM S1 (#)	Chair Yoga (60) Chris B.	10:15 AM S1 (#)	TONE (45) Michaline
5:30 PM S3	RPM / Cycle (45) Dave	5:30 PM S2 (#)	TONE (45) Claudia			7:00 PM S2 (#)	CXWORX (30) Claudia			10:30 AM Outside	BODYCOMBAT (60) Michelle
6:30 PM S1 (#)	BODYPUMP (60) Megan	6:45 PM S2 (#)	Core Focus (30) Heather							10:30 AM S3	RPM (45) Dave
6:30 PM S2 (#)	BODYCOMBAT (60) Claudia	7:15 PM S2 (#)	Zumba (45) Heather								

GREEN : Outside Classes, will ZOOM instead if inclement weather
 Check Facebook JCC Group Fitness page for updates