

# GROUP EXERCISE CLASS SCHEDULE APRIL

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55		BodyPump™- Michelle-CS		BodyPump™-Michelle-CS		9:00 Hiit-Gretchen/Katie-CS 10:00 ZUMBA®-Angela/ Victoria-DS	9:00 Yoga-Carolyn- DS 10:00 BodyPump™-Jackie-CS 11:00 Yoga-Carolyn-DS
6:00			Power Yoga-Layla-DS				
8:00	ZUMBA®-Angela-DS ■ Jacki Sorensen Aerobic Dance - G	Hiit-Gretchen-CS ■ Jacki Sorensen Aerobic Dance - G		Hiit Barre - Layla-DS Cardio Fitness Blast!-Audrey -CS ■ Jacki Sorensen Aerobic Dance - G	ZUMBA®-Rocio-DS ■ Jacki Sorensen Aerobic Dance - G	<b>LOCATION KEY</b> AD: Auditorium Main Level TS: Training Studio Lower Level MS: Motor Skills Main Level G: Gymnasium Lower Level DS: Dance Studio Lower Level CS: Conditioning Studio Lower Level P: Pool Outdoors/ Lower Level  If a class does not average a minimum of 8 participants per month, the JCC reserves the right to cancel or reschedule the class.  BodyPump™ classes are 60 min./MO & FR Zumba classes are 50 min. Barre Express is 30 min. All other classes are 55 minutes. All classes are FREE/JCC Members only unless marked: ■ Register/Pay with instructor, ◆ Free to Membership Plus Only (some restrictions apply) or Daily/Monthly Fees apply. <b>All Participants Must Check in at the CID with their Membership Card Before Class. Class Locations/Instructors Subject to Change.</b>	
8:30	Cycle 55-Audrey-TS		Cycle & Core-Layla-TS		Cycle 55-Beth-TS		
9:00	Muscles in Motion-Angela-G BodyPump™- Jessica-CS ◆ Aquafit-Gretchen-P	Step It Up-Angela-CS ◆ Power H20-Mandi-P	Muscles in Motion-Audrey-G BodyPump™- Jessica-CS ◆ Aquafit-Katie-P	Step Interval-Anna-CS ◆ Power H20-Angela-P	Muscles in Motion-Gretchen-G BodyPump™- Cindy-CS ◆ Aquafit-Lisa-P		
10:00	Pilates Mat-Anita-AD T.B.C-Anna-CS	NIA-Brenda-CS	Pilates Foam Roller-Anita-AD T.B.C-Audrey-CS	NIA-Brenda-CS	Pilates Mat-Anita-AD T.B.C.-Gretchen-CS		
11:00	Fit 4 Life-Roberta-AD Yoga Flow-Anita-DS	Fit 4 Life-Gretchen-AD	Fit 4 Life-Gretchen-AD Yoga-Roberta-DS	Fit 4 Life-Audrey-AD	Fit 4 Life-Roberta-AD Gentle Yoga-Mary-DS		
12:15					Barre Express-Roberta-DS		
5:30		ZUMBA®-Rocio-DS		ZUMBA®-Rocio/Francesca-DS			
6:00	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS Cycle 55-Cesar-TS	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS Cycle 55-Cesar-TS			
6:30		Yoga Flow-Mary-DS		Yoga Flow-Mary-DS			
7:00	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS			

*“Your fitness is 100% mental.  
Your body won’t go  
where your mind doesn’t push it.”*

-Unknown



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