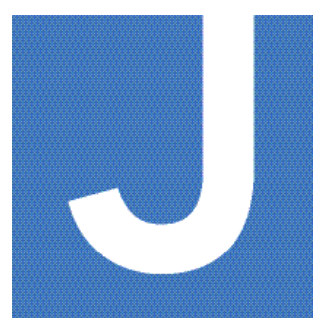


ONGOING GROUP EXERCISE CLASS SCHEDULE

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55		BodyPump™- Michelle-CS		BodyPump™-Michelle-CS		9:00 Hiit-Gretchen/Katie-CS	9:00 Yoga-Carolyn- DS
6:00			Power Yoga-Layla-DS				
8:00	ZUMBA®-Rocio-DS	Hiit-Gretchen-CS		Hiit Barre - Layla-DS Cardio Fitness Blast!-Audrey -CS	ZUMBA®-Angela-DS	If a class does not average a minimum of 8 participants per month, the JCC reserves the right to cancel or reschedule the class.	11:00 Yoga-Carolyn-DS
	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G		
8:30	Cycle 55-Audrey-TS		Cycle & Core-Layla-TS		Cycle 55-Beth-TS	LOCATION KEY 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	
9:00	Muscles in Motion-Angela-G	Step It Up-Angela-CS	Muscles in Motion-Audrey-G	Step Interval-VariouS-CS	Muscles in Motion-Gretchen-G		
	BodyPump™- Jessica-CS		BodyPump™- Jessica-CS		BodyPump™- Cindy-CS		
	Aquafit-Gretchen-P		Power H20-Mandi-P		Aquafit-Katie-P		Power H20-Angela-P
10:00	Pilates Mat-Anita-AD	NIA-Brenda-CS	Pilates Foam Roller-Anita-AD	NIA-Brenda-CS	Pilates Mat-Anita-AD		
	T.B.C-Anna-CS		T.B.C-Audrey-CS		T.B.C.-Gretchen-CS		
11:00	Fit 4 Life-Roberta-AD	Fit 4 Life-Gretchen-AD	Fit 4 Life-Gretchen-AD	Fit 4 Life-Audrey-AD	Fit 4 Life-Roberta-AD		
	Yoga Flow-Anita-DS		Yoga-Roberta-DS		Gentle Yoga-Mary-DS		
12:15					Barre Express-Roberta-DS		
5:30	Hiit Barre - Layla-DS	ZUMBA®-Rocio-DS		ZUMBA®-Rocio-DS	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 All Participants Must Check in at the CID with their Membership Card or the JCC App Before Class. Class Locations/Instructors Subject to Change.		
6:00	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS			
		Cycle 55-Cesar-TS		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			

“The reason I exercise is for the quality of life I enjoy.”

Kenneth H. Cooper



live up®