

# ONGOING GROUP EXERCISE

## February

| Start | MONDAY                                | TUESDAY                               | WEDNESDAY                             | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY   |
|-------|---------------------------------------|---------------------------------------|---------------------------------------|---|--|--|--|
| 5:55  |                                       | BodyPump™- Michelle-CS                |                                       | BodyPump™-Michelle-CS                                     |  | 9:00<br>Hiit-Katie/Et al-CS<br>10:00<br>ZUMBA®-Angela/<br>Victoria-DS  | 9:00<br>Yoga-Carolyn- DS<br>10:00<br>BodyPump™-Jackie-CS<br>11:00<br>Yoga-Carolyn-DS |
| 6:00  |                                       |                                       | Power Yoga-Layla-DS                   |   |  |  |  |
| 8:00  | ZUMBA®-Rocio-DS                       | Hiit-Laura-CS                         |                                       | Hiit Barre - Layla-DS<br>Cardio Fitness Blast!-Audrey -CS | ZUMBA®-Angela-DS   | <b>LOCATION KEY</b><br><b>AD:</b> Auditorium Main Level<br><b>TS:</b> Training Studio Lower Level<br><b>MS:</b> Motor Skills Main Level<br><b>G:</b> Gymnasium Lower Level<br><b>DS:</b> Dance Studio Lower Level<br><b>CS:</b> Conditioning Studio Lower Level<br><b>P:</b> Pool Outdoors/<br>Lower Level |  |
|       | ■ Jacki Sorensen<br>Aerobic Dance - G | ■ Jacki Sorensen<br>Aerobic Dance - G | ■ Jacki Sorensen<br>Aerobic Dance - G | ■ Jacki Sorensen<br>Aerobic Dance - G                     | ■ Jacki Sorensen<br>Aerobic Dance - G  |  |  |
| 8:30  | Cycle 55-Audrey-TS                    |                                       | Cycle & Core-Layla-TS                 |   | Cycle 55-Beth-TS   |  |  |
| 9:00  | Muscles in Motion-Angela-G            | Step It Up-Angela-CS                  | Muscles in Motion-Audrey-G            | Step Interval-VariouS-CS                                  | Muscles in Motion-Roberta-G  |  |  |
|       | BodyPump™- Jessica-CS                 |                                       |                                       |   |  |  | BodyPump™- Jessica-CS  |
|       | Aquafit-Katie-P                       | Power H20-Mandi-P                     |                                       | Power H20-Angela-P  | Aquafit-Lisa-P   |  |  |
| 10:00 | Pilates Mat-Anita-AD                  |                                       | Pilates Foam Roller-Anita-AD          |   | Pilates Mat-Anita-AD   |  |  |
|       | T.B.C-Anna-CS                         |                                       | T.B.C-Audrey-CS                       |   | T.B.C-Mandi-CS   |  |  |
| 11:00 | Fit 4 Life-Roberta-AD                 | Fit 4 Life-Rocio-AD                   | Fit 4 Life-Katie-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.<br>Barre Express is 30 min. All other classes are 55 minutes.<br>All classes are FREE/JCC Members only unless marked:<br>■ Register/Pay with instructor<br><b>All Participants Must Check in at the CID with their Membership Card or the JCC App Before Class. Class Locations/Instructors Subject to Change.</b> |  |  |
| 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                                       |  |  |  |

**Aquafit & Power H20**  
**now FREE with JCC Membership!**

*“A healthy outside starts from the inside.”*

Robert Urich

