

ONGOING GROUP EXERCISE

MAY

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55		BodyPump™- Michelle-CS		BodyPump™-Michelle-CS		9:00 HiiT-Katie/Cesar-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®-Rocio-DS	HiiT-Laura-CS		Barre - Layla-DS HiiT-Audrey -CS NEW	ZUMBA®-Angela-DS	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 All classes are FREE/JCC Members BodyPump™ classes are 60 min./MO & FR Zumba classes are 50 min. Barre Express is 30 min. All other classes are 55 minutes. All Participants Must Check in at the CID with their Membership Card or the JCC App Before Class. Class Locations/Instructors Subject to Change.	
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 It Up-Cecilia-CS	Muscles in Motion-Roberta-G		
	BodyPump™- Jessica-CS		BodyPump™- Jessica-CS		BodyPump™- Cindy-CS		
	Aquafit-Cecelia-P		Aquafit-Rocio-P		Aquafit-Katie-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.-Cecelia-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-Beth-AD		
	Yoga Flow-Anita-DS		Yoga-Roberta-DS		Gentle Yoga-Mary-DS		
12:15					Barre Express-Roberta-DS		
5:30	Barre - Layla-DS	ZUMBA®-Francesca-DS		ZUMBA®-Rocio-DS	All classes are FREE/JCC Members BodyPump™ classes are 60 min./MO & FR Zumba classes are 50 min. Barre Express is 30 min. All other classes are 55 minutes. 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-Roberta-CS	Cardio Fitness Blast-Cindy-CS	Conditioning-Cecelia-CS	Cardio Fitness Blast-Cindy-CS			
		Cycle 55-Cesar-TS		Cycle 55-Cesar-TS			
6:30		Yoga Flow-Mary-DS		Yoga Flow-Mary-DS			
7:00	Mat Pilates-Paty-CS	BodyPump™- Cindy-CS	Mat Pilates-Paty-CS	BodyPump™- Cindy-CS			

*“ Health is the greatest gift,
contentment is the greatest wealth.”*

-Buddha

