

# ONGOING GROUP EXERCISE

## September

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	Metabolic Total Body-Cecelia -CS	Barre - Layla-DS Hiit-Audrey -CS	ZUMBA®-Angela-DS	<b>LOCATION KEY</b> <b>AD:</b> Auditorium Main Level <b>TS:</b> Training Studio Lower Level <b>MS:</b> Motor Skills Main Level <b>G:</b> Gymnasium Lower Level <b>DS:</b> Dance Studio Lower Level <b>CS:</b> Conditioning Studio Lower Level <b>P:</b> Pool Outdoors/ Lower Level	
8:30	Cycle 55-Audrey-TS		Cycle & Core-Layla-TS		Cycle 55-Cecelia-TS		
9:00	Muscles in Motion-Angela-G BodyPump™- Jessica-CS Aquafit-Cecelia-P	Step It Up-Angela-CS Aquafit-Rocio-P	Muscles in Motion-Audrey-G BodyPump™- Jessica-CS Aquafit-Katie-P	Step It Up-Cecilia-CS Aquafit-Angela-P	Muscles in Motion-Roberta-G BodyPump™- Cindy-CS Aquafit-Lisa-P		
10:00	Pilates Mat-Anita-AD T.B.C-Anna-CS		Pilates Foam Roller-Anita-AD T.B.C-Audrey-CS		Pilates Mat-Anita-AD T.B.C.-Cecelia-CS		
11:00	Fit 4 Life-Roberta-AD Yoga Flow-Anita-DS	Fit 4 Life-Rocio-AD	Fit 4 Life-Katie-AD Yoga-Roberta-DS	Fit 4 Life-Audrey-AD	Fit 4 Life-Angela-AD Gentle Yoga-Mary-DS		
12:15					Barre Express-Roberta-DS		
5:30	Barre - Layla-DS	ZUMBA®-Angela-DS		ZUMBA®-Rocio-DS	<b>All classes are FREE/JCC Members</b> BodyPump™ classes are 60 min./MO & FR Zumba classes are 50 min. Barre Express is 30 min. All other classes are 55 minutes. <b>All Participants Must Check in at the CID with their Membership Card or the JCC App Before Class.</b> Class Locations/Instructors Subject to Change.		
6:00	Conditioning-Roberta-CS	Cardio Fitness Blast-Cindy-CS Cycle 55-Cesar-TS	Conditioning-Cecelia-CS	Cardio Fitness Blast-Cindy-CS Cycle 55-Cesar-TS			
6:30		Yoga Flow-Mary-DS		Yoga Flow-Mary-DS			
7:00	Pilates Mat-Paty-CS	BodyPump™- Cindy-CS	Pilates Mat-Paty-CS	BodyPump™- Cindy-CS			

*“Your body can stand almost anything.  
It’s your mind that you have to convince.”*

