

ONGOING GROUP EXERCISE

DECEMBER

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®-Rocio-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®-Angela-DS ■ Jacki Sorensen Aerobic Dance - G	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 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 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 BodyPump™- Jessica-CS Aquafit-Gretchen-P	Step It Up-Angela-CS Power H2O-Mandi-P	Muscles in Motion-Audrey-G BodyPump™- Jessica-CS	Step Interval-VariouS-CS Power H2O-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	HiiT Barre - Layla-DS	ZUMBA®-Rocio-DS		ZUMBA®-Rocio-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			

Winter Inclement Weather Notice: Aquafit & Power H2O will not be held when the air temperature is below 40 degrees and/or the water temperature drops below 75 degrees.

*“Start where you are. Use what you have.
Do what you can.” - Arthur Ashe*

