

JCC GROUP & SMALL GROUP EXERCISE CLASSES

February 5, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM Body Step [A] (Brenda)	6AM BodyPump [A] (Joe/Sharon)	6AM RPM [Spin]** (Debby)	6AM Les Mills Barre [B] (Sharon)	6AM GRIT** [B] (Bill)	6AM Sprint (30 min)** [Spin] (Sharon L)	7AM Hydridorider*** (Elaine)
8AM RPM [Spin]** (Anthony, 45 min.)	8AM Cardio/Strength/Interval (Lisa T.)	6AM BodyFlow [A] (Kristen, 60 min)	6AM Spin [Spin]** (Sharon L.)	6AM Spin [Spin]** (Heather)	6AM BodyPump [A] (Sharon)	8AM Spin [Spin]** (Lisa T.)
9AM BodyPump [A] (Claudia)	8:15AM Aqua Challenge (Marge)	Alternating Tuesdays: 8:00AM Zumba [A] (Marco)	8:15AM CBL Barre [B] (45 min)	6:30AM CX Worx [A] (Sharon, 30 min)	8AM Sculpt [A] (Cheryl)	8AM GRIT** [B]
10:15AM Zumba [A] (Alina)	9:15AM Water Works (Kelly)	8:15AM CBL Challenge [A] (Caryn Beth)	9:15AM Drenched (Elaine)	8AM Fat Burn Interval [A] (Cheryl, 60 min)	9:15AM Tone [A] (Elaine, 45-60 min)	8:45AM Fit to the CORE [A] (Cathy)
4PM BodyFlow [A] (Kristen)	9:15AM Les Mills Barre [B] (Stacie, 30 min.)	8:15AM Deep H2O (Elaine)	9:15AM BodyFlow [A] (Deb)	8:15AM HIIT the Water (Elaine)	9:15AM Water Works (Suzie)	10AM Les Mills Barre [A] (Rachel, 45 min)
	9:30AM Chair Exercise [Aud]* (Elaine)	9:15AM BodyPump [A] (Claudia, 45-60 min)	9:15AM Sprint/TRX [Spin]** (Stacie)	9:30AM BodyPump [A] (Stacie, 60 min)	10:15AM BodyFlow [A] (Elaine)	
	9:45AM CxWORX [A] (Stacie, 30 min.)	9:15AM [Spin] LKG**	9:30AM Chair Ex [Aud]* (Kristen)	11:45AM Chair Yoga [B] (Mary, 45 min)	11:15AM Senior Fit [A] (Brenda)	
	10:15AM BodyFlow [A] (Stacie)	10:15AM Les Mills Barre [A] (Stacie, 45 min)	11:15AM Senior Fit [A] (Cheryl)	5:30PM BodyPump [A] (Anthony)		
	11:15AM Senior Fit [A] (Elaine)	11:15AM Senior Barre [B] (Stacie, 30 min)	5:30PM Muscle Mix [A] (Tracy)	6PM Sprint/TRX [Spin]** (Sharon)		
	5:45PM HIIT Spin [Spin]** (Dana, 45 min.)	12:15PM Chair Yoga [B] (Mary, 45 min)	6:30PM Aqua Challenge (Marje)	6:30PM BodyFlow [A] (Deb)		
	6:00PM Yoga [EC] (Steve)	6PM Saved by the Bell! [T] (Sharon L.) (TRX Room)	6:30PM CxWORX [A] (Deb, 30 min)			
	6:30PM Aqua Challenge (Sue)	6:15PM BodyPump [A] (Sharon)	6:30PM Boxing Circuit** [T] (Bill)			

= new class or change in format

Room Key:
 [Aud] Auditorium
 [A] Studio A
 [B] Studio B
 [EC] Early Childhood Common area
 [Gym] Gymnasium
 [Spin] Spin Studio
 [T] TRX Room

JCC Fitness Center membership required.
 *Summer Chair class is cancelled if raining, please call front desk to confirm if it's running.
 **PLEASE REGISTER for your spot on [TURBOROSTER](#) and [PLEASE CANCEL](#) if you are unable to participate.
 ***HYDRORIDER CLASS (Max 7) SIGN UP ON [TURBOROSTER](#). Additional \$10 fee/6 class pass \$50. Water shoes required.
[BOXING](#) workout utilizing jump ropes, heavy bag, shadow box, mitts, and speed bag. 16 oz. gloves and wraps required after first class.