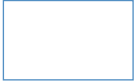


JCC GROUP & SMALL GROUP EXERCISE CLASSES

September 5, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8AM Body Step [A] (Brenda)</p> <p>8AM RPM [Spin]** (Anthony, 45 min.)</p> <p>9AM BodyPump [A] (Claudia)</p> <p>10:30AM Zumba [A] (Alina)</p> <p>4PM BodyFlow [A] (Kristen)</p>	<p>6AM BodyPump [A] (Joe)</p> <p>8:15AM Circuit/Interval [A] (Brenda)**</p> <p>8:15AM Aqua Challenge (Marge)</p> <p>9:15AM Water Works (Kelly)</p> <p>9:15AM Body Step [A] (Stacie, 30 min.)</p> <p>9:15AM Vive/Tone [B] (Mary, 30 min.)</p> <p>9:30AM Chair Exercise [Aud]* (Elaine)</p> <p>9:45AM CxWORX [A] (Stacie, 30 min.)</p> <p>10:15AM BodyFlow [A] (Stacie)</p> <p>11:15AM Senior Fit [A] (Elaine)</p> <p>5:30PM Pound [A] (Christina)</p> <p>5:45PM HIIT Spin [Spin]** (Dana, 45 min.)</p> <p>6:00PM Yoga [EC] (Steve)</p> <p>6:30PM BodyPump [A] (Sharon)</p> <p>6:30PM Aqua Challenge (Sue)</p>	<p>6AM RPM [Spin]** (Debby)</p> <p>6:15AM BodyFlow [A] (Kristen, 45 min)</p> <p>8AM Zumba [A] OR Tone [A] (Elaine & Marco alternating weeks)</p> <p>8:15AM Deep H2O (Sharon)</p> <p>9:15AM BodyPump [A] (Claudia, 45 min)</p> <p>9:15AM [Spin] LKG**</p> <p>10:15AM Barre [A] (Stacie, 45 min) <i>Starts 9/16</i></p> <p>11:15AM Senior Fit [A] (Sharon ends 10/15)</p> <p>11:15AM Senior Barre [B] (Stacie, 30 min) <i>Starts 10/22</i></p> <p>12:15PM Chair Yoga [B] (Mary, 45 min)</p> <p>6:15PM Barre [A] (Sharon, 35-45 min) <i>Starts 9/16</i></p> <p>6PM Saved by the Bell [T] (Sharon L.) (TRX Room)</p>	<p>6AM Boxing Circuit** [T] (Bill)</p> <p>6AM Spin [Spin]** (Sharon L.)</p> <p>8AM BodyStep [A] (Brenda)</p> <p>9:15AM Drenched (Elaine)</p> <p>9:15AM BodyFlow [A] (Mary)</p> <p>9:15AM Sprint/TRX [Spin]** (Stacie)</p> <p>9:30AM Chair Ex [Aud]* (Kristen)</p> <p>11:15AM Senior Fit [A] (Cheryl)</p> <p>5:30PM Muscle Mix [A] (Tracy)</p> <p>6:30PM Aqua Challenge (Marje)</p> <p>6:30PM CxWORX [A] (Deb, 30 min)</p>	<p>6AM GRIT** [B] (Bill)</p> <p>6AM Spin [Spin]** (Heather)</p> <p>6:30AM CX Worx [A] (Sharon, 30 min)</p> <p>8AM Step Interval [A] (Cheryl, 60 min)</p> <p>8:15AM HIIT the Water (Elaine)</p> <p>8:15AM CBL Barre [B] (45 min)</p> <p>9:15AM RPM [Spin]** (Brenda, 45 min.)</p> <p>9:30AM BodyPump [A] (Stacie, 60 min)</p> <p>11:45AM Chair Yoga [B] (Mary, 45 min)</p> <p>5:30PM BodyPump [A] (Anthony)</p> <p>6PM Sprint/TRX [Spin]** (Sharon)</p> <p>6:30PM BodyFlow [A] (Deb)</p>	<p>6AM Sprint (30 min)** [Spin] (Sharon L)</p> <p>6AM BodyPump [A] (Sharon)</p> <p>8AM Sculpt [A] (Cheryl)</p> <p>9:15AM Tone [A] (Elaine, 45-60 min)</p> <p>9:15AM Water Works (Suzie)</p> <p>10:15AM BodyFlow [A] (Elaine)</p> <p>11:15AM Senior Fit [A] (Brenda)</p>	<p>7AM Hydrorider*** (Elaine)</p> <p>8AM Spin [Spin]** (Lisa T.)</p> <p>8AM GRIT** [B]</p> <p>8:30AM Zumba [A] (Sharon)</p> <p>9:30AM CxWorx [A] (Sharon, 30 min)</p> <p>10AM Barre [A] (Rachel, 45 min) <i>Starts 9/16</i></p>
						<p> = new class or change in format</p> <p>Room Key: [Aud] Auditorium [A] Studio A [B] Studio B [EC] Early Childhood Common area [Gym] Gymnasium [Spin] Spin Studio [T] TRX Room</p>
<p>JCC Fitness Center membership required.</p> <p>*Summer Chair class is cancelled if raining, please call front desk to confirm if it's running.</p> <p>**PLEASE REGISTER for your spot on TURBOROSTER and PLEASE CANCEL if you are unable to participate.</p> <p>***HYDRORIDER CLASS (Max 7) SIGN UP ON TURBOROSTER. Additional \$10 fee/6 class pass \$50. Water shoes required.</p> <p>BOXING workout utilizing jump ropes, heavy bag, shadow box, mitts, and speed bag. 16 oz. gloves and wraps required after first class.</p>						