

December - Small Group Exercise Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:00am GRIT Strength 8:00am Hydrorider
2 9:30am Saved by the Bell (TRX Room)	3 8:00am Hydro Circuit 6:00pm GRIT Strength	4 6:00am Tone	5 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	6 6:30am GRIT Plyo	7	8 8:00am GRIT Cardio 8:00am Hydrorider
9 9:30am Saved by the Bell (TRX Room)	10 8:00am Hydro Circuit 6:00pm GRIT Plyo	11 6:00am Tone	12 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	13 6:30am GRIT Cardio	14	15 8:00am GRIT Strength 8:00am Hydrorider
16 9:30am Saved by the Bell (TRX Room)	17 8:00am Hydro Circuit 6:00pm GRIT Cardio	18 6:00am Tone	19 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	20 6:30am GRIT Strength	21	22 8:00am GRIT Plyo 8:00am Hydrorider
23 9:30am Saved by the Bell (TRX Room)	24 8:00am Hydro Circuit 6:00pm GRIT Strength	25 Christmas Day	26 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	27 6:30am GRIT Plyo	28	29 8:00am GRIT Cardio 8:00am Hydrorider
30 Worcester 	31 8:00am Hydro Circuit 6:00pm GRIT Plyo					

JCC Fitness Center membership required.

Sign up for Spin on Turbooster

PLEASE register for your spot on Turbooster and
PLEASE cancel if you are unable to participate.

Hydrorider Class (Max 4) **Additional \$10 fee/6 class pass \$50.** Sign up on Turbooster. 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.