

# January - Small Group Exercise Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12 8:00am GRIT Plyo 8:00am Hydrorider
13 9:30am Saved by the Bell (TRX Room)	14 8:00am Hydro Circuit 6:00pm GRIT Strength	15 6:00am Tone	16 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	17 6:30am GRIT Plyo	18	19 8:00am GRIT Cardio 8:00am Hydrorider
20 9:30am Saved by the Bell (TRX Room)	21 8:00am Hydro Circuit 6:00pm GRIT Plyo	22 6:00am Tone	23 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	24 6:30am GRIT Cardio	25	26 8:00am GRIT Strength 8:00am Hydrorider
27 9:30am Saved by the Bell (TRX Room)	28 8:00am Hydro Circuit 6:00pm GRIT Cardio	29 6:00am Tone	30 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	31 6:30am GRIT Strength		
Worcester 						

Sign up for Spin on Turboroster

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

JCC Fitness Center membership required.

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