

September - Small Group Exercise Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						No Classes 1
2 No Classes	3 No Classes	4 6:00am Tone	5 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	6 6:30am GRIT Cardio	7 8:15am Hydro Circuit	8 8:00am HIIT Workout 8:00am Hydrorider
9 9:30am Saved by the Bell (TRX Room) JCC closes @ 4pm	10 JCC Closed	11 JCC Closed	12 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	13 6:30am GRIT Plyo	14 8:15am Hydro Circuit	15 8:00am HIIT Workout 8:00am Hydrorider
16	17 6:00pm GRIT Plyo	18 6:00am Tone JCC closes @ 4pm	19 No Classes JCC Closed	20 6:30am GRIT Strength	21 8:15am Hydro Circuit	22 8:00am HIIT Workout 8:00am Hydrorider
23 9:30am Saved by the Bell (TRX Room)	24 6:00pm GRIT Cardio	25 6:00am Tone	26 6:00am Hydrorider 6:00am Boxing Circuit 9:15am Spin/TRX 6:30pm Boxing Circuit	27 6:30am GRIT Cardio	28 8:15am Hydro Circuit	29 8:00am HIIT Workout 8:00am Hydrorider
30 9:30am Saved by the Bell (TRX Room)						

JCC Fitness Center membership required.

Hydrorider Class (Max 4) **Additional \$10 fee/6 class pass \$50.** Sign up on Turboroster. Water shoes required. **Bike Class** Group (5) class on the upright and recumbant bikes in the fitness center.

Heart rate monitors worn. 45 minute class.

TRX & Boxing in the TRX room - 16 oz. gloves & wraps required for boxing sessions.

One hour boxing workout utilizing jump ropes, heavy bag, shadow box, mitts, and speed bag. Roller, AIS, G.R.I.T. and Yoga held in the small group training room.



Sign up for Spin on Turboroster

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