

WORCESTER Jewish Community Center

GROUP EXERCISE SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		BODY PUMP (Stacie)	BODY STEP (Karen)	BODY VIVE (Sharon)	BODY COMBAT (Elaine)	BODY PUMP (Sharon)
			SPINNING (Debby)		SPINNING (Heather)	
7:00 a.m.		ZUMBA (Elaine)			BODY VIVE (Elaine)	
8:00 a.m.	BODY STEP (Rotate)	BODY VIVE (Elaine)	Step Interval (Sandy)	BODY VIVE (Heather)	Step Interval (Sandy)	ZUMBA (Elaine)
	SPINNING (Rotate)	Waterworks (Nancy)	Deep Water (Elaine)	Waterworks (Nancy)	Deep Water (Nancy)	Waterworks (Elaine/Nancy)
9:00 a.m.	BODY PUMP (Rotate)					
	SPINNING (Rotate)					
9:15 a.m.		BODY STEP (Heather)	BODY COMBAT (Mary)	BODY STEP (Stacie)	BODY PUMP (Elaine)	Cardio Interval (Cheryl)
		SPINNING (Cheryl)			SPINNING (Lisa)	SPINNING (Jen)
10:00 a.m.	BODY FLOW (Rotate)					
10:15 a.m.		BODY FLOW (Stacie)		BODY FLOW (Mary)	Tai Chi (A) (Susan)	BODY FLOW (Elaine)
		Chair Exercise (Sandy) (SL)				
11:15 a.m.		Senior Fitness (Sandy)	BODY VIVE (Sharon)	Senior Fitness (Dottie)		Zumba Gold (Elaine)
12:15 p.m.				SPINNING (Sharon)		
5:15 p.m.		BODY COMBAT (Jen)	BODY VIVE (Mary)	BODY PUMP (Elaine)	BODY STEP (Karen)	
5:30 p.m.		SPINNING (Eileen)				
6:15 p.m.		BODY PUMP (Tress)	BODY STEP (Jan)	ZUMBA (Elaine)	BODY FLOW (Susan)	
6:30 p.m.			SPINNING (Heather)		SPINNING (Debby)	
7:00 p.m.			Aqua Challenge (Nancy)		Deep Water (Nancy)	
7:15 p.m.			BODY FLOW (Susan)			

*Additional Fee for Spinning
(SL) Denotes Class in Sr. Adult Lounge