

WORCESTER Jewish Community Center

# GROUP EXERCISE SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		BODY PUMP (Stacie)	BODY STEP (Claudia)	BODY PUMP (Jan)	BODY COMBAT (Elaine)	BODY PUMP (Sharon)
			SPINNING (Debby)		SPINNING (Heather)	
8:00 a.m.	JCC Cardio Showcase	BODY VIVE (Elaine)	Step Interval (Sandy)	BODY VIVE (Heather)	Step Interval (Sandy)	ZUMBA (Elaine)
	SPINNING (Rotate)					
8:15 a.m.			Deep Water (Elaine)		Deep Water (Nancy)	Deep Water (Nancy)
9:00 a.m.	BODY PUMP (Claudia)	Waterworks (Nancy)	BODY COMBAT (Mary)	Waterworks (Jen)	BODY PUMP (Amy)	Waterworks (Elaine/Nancy)
		BODY STEP (Heather)		BODY STEP (Stacie)		Cardio Inerval (Cheryl)
9:15 a.m.					SPINNING (Lisa)	SPINNING (Heather)
					Tai Chi For Balance (A)	
10:00 a.m.		BODY FLOW (Stacie)		BODY FLOW (Mary)		BODY FLOW (Elaine)
10:15 a.m.		Chair Exercise (Sandy) (A)			Tai Chi (Susan)	
			Gentle Yoga (Deidre)(G)		Gentle Yoga (Deidre)(G)	
11:15 a.m.		Senior Fitness (Sandy)	BODY VIVE (Sharon)	Senior Fitness (Dottie)	Chair Exercise (Sandy) (A)	Zumba Gold (Elaine)
4:00 p.m.	BODY FLOW (Rotate)			BODY STEP (Karen)		BODY STEP (Karen)
5:15 p.m.		ZUMBA (Amy)	BODY VIVE (Mary)	BODY PUMP (Elaine)	BODY STEP (Jan)	
5:30 p.m.		SPINNING (Eileen)				
6:15 p.m.		BODY PUMP (Tress)	BODY COMBAT (Jen)	ZUMBA (Elaine)	BODY FLOW (Susan)	
6:30 p.m.			SPINNING (Heather)		SPINNING (Debby)	
7:10 p.m.			Aqua Challenge (Nancy)		Deep Water (Nancy)	
7:15 p.m.			BODY FLOW (Susan)			

\*Additional Fee for Spinning  
 (A) denotes Auditorium  
 (G) Gymnastics Room