

WORCESTER JCC, 633 Salisbury Street

GROUP EXERCISE SCHEDULE



Worcester MA

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		BODY PUMP (Stacie)	BODY COMBAT (Elaine)	BODY STEP (Jenni)	BODY FLOW (Mary)	BODY PUMP Sharon
			SPINNING (Debby)		SPINNING (Heather)	
8:00 a.m.	JCC Cardio Showcase (Rotate)	BODY VIVE (Elaine)	Step Interval (Sandy)	BODY VIVE (Heather)	Step Interval (Sandy)	Cardio Inerval (Cheryl)
		Waterworks (Jen)	Deep Water (Elaine)	Waterworks (Jen)	Deep Water (Jen)	Aqua Zumba (Elaine)
9:15 a.m.	BODY PUMP (Jan)	BODY STEP (Jenni)	BODY COMBAT (Mary)	BODY STEP (Stacie)	SPINNING (Lisa)	ZUMBA (Elaine)
			Chair Exercise (Sandy) (A)		Chair Exercise (Sandy) (A)	
					BODY PUMP (Elaine)	
10:15 a.m.		BODY FLOW (Stacie)		BODY FLOW (Mary)		BODY FLOW (Elaine)
11:15 a.m.		Senior Fitness (Sandy)	BODY VIVE (Sharon)	Senior Fitness (Dottie)		Line Dancing (Steele Shane)
5:30 p.m.		ZUMBA (Sharon)	BODY VIVE (Mary)	ZUMBA (Elaine)	BODY VIVE (Jan)	
		SPINNING (Eileen)				
6:15 p.m.			SPINNING (Heather)		SPINNING (Debby)	
6:30 p.m.		BODY COMBAT (Jen)	BODY PUMP (Tress)	YOGA (Steve) (EC)	BODY FLOW (Susan)	
7:10 p.m.			Aqua Challenge (Meg)		Deep Water (Sharon)	

*Spinning classes are all 1 hour
 NO FEE FOR SPINNING
 (A) Auditorium
 (EC) Early Childhood Common Area