

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) (Debby)	BODY STEP (Jenni)	BODY FLOW (Mary) (Heather)	BODY PUMP Sharon)
7:00 a.m.						Spinning/Yoga (Cheryl)
8:00 a.m.	JCC Cardio Showcase (Rotate)	BODY VIVE (Elaine)	Step Interval (Sandy)	BODY VIVE (Heather)	Step Interval (Sandy)	Cardio Inerval (Cheryl)
8:15 a.m.			Deep Water (Elaine)	Deep Water (Jen)	Deep Water (Nancy)	
9:00 a.m.	BODY PUMP (Claudia) (Rotate)	Waterworks BODY STEP (Heather)	BODY COMBAT (Mary)	Waterworks (Jen) BODY STEP (Stacie)	Tai Chi for Balance (Susan)(A) (Lisa) BODY PUMP (Elaine)	Waterworks (Nancy) ZUMBA (Elaine)
10:00 a.m.		BODY FLOW (Stacie)	ZUMBA Gold (Elaine)	BODY FLOW (Mary)		BODY FLOW (Elaine)
10:15 a.m.		Chair Exercise (Sandy) (A)			TAI CHI (Susan)	
10:45 a.m.					Chair Exercise (Sandy) (A)	
11:15 a.m.		Senior Fitness (Sandy)	BODY VIVE (Sharon)	Senior Fitness (Dottie)		Senior Fitness
4:00 p.m.	BODY FLOW (Rotate)					
4:30 p.m.					BODY VIVE **(Jan)	
5:00 p.m.			Core Flow (Mary)	Core Flow (Elaine)		
5:30 p.m.		ZUMBA (Amy) (Eileen)	BODY VIVE (Mary)	ZUMBA (Elaine)	BODY PUMP (Jan)	
6:15 p.m.			SPINNING (Heather)		SPINNING (Debby)	
6:30 p.m.		BODY COMBAT (Jen)	BODY PUMP (Tress)	YOGA (Steve) (EC)		
6:40 p.m.					BODY FLOW (Susan)	
7:00 p.m.			Aqua Challenge (Nancy)		Deep Water (Nancy)	

**Thursday, 4:30 p.m, BodyVive starts Thursday, March 4

*Additional Fee for Spinning
Spinning classes are all 1 hour
(A) Auditorium
(EC) Early Childhood Common Area