

WORCESTER Jewish Community Center

GROUP EXERCISE SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		BODY PUMP (Stacie)	BODY STEP (Karen)		BODY COMBAT (Elaine)	BODY PUMP (Sharon)
			SPINNING (Debby)	BODY VIVE (Sharon)	SPINNING (Heather)	
7:00 a.m.		BODY VIVE (Elaine)			BODY VIVE (Elaine)	
8:00 a.m.	BODY STEP (Rotate) SPINNING (Rotate)	BODY VIVE (Elaine)	Step Interval (Sandy)	BODY VIVE (Heather)	Step Interval (Sandy)	Step Interval (Heather)
8:15 a.m.			Deep Water (Elaine)		Deep Water (Nancy)	Deep Water (Elaine/Nancy)
9:00 a.m.	BODY PUMP (Rotate) SPINNING (Rotate)	BODY STEP (Heather) Waterworks (Nancy)	BODY COMBAT (Mary) BODY FLOW (A) (Kathy)	BODY STEP (Stacie) Waterworks (Nancy)	BODY PUMP Ian/Elaine	Cardio Interval (Cheryl) Waterworks (Elaine/Nancy)
9:15 a.m.		SPINNING (Cheryl)			SPINNING (Lisa)	SPINNING (Heather)
10:00 a.m.		BODY FLOW (A) (Stacie) Strength Moves (Heather)		BODY FLOW (Mary)	Tai Chi (A) (Susan)	BODY FLOW (Elaine)
11:15 a.m.		Senior Fitness (Sandy)	BODY VIVE (Sharon)	Senior Fitness (Dottie)		Zumba Gold (Elaine)
12:15 p.m.			Gentle Yoga (Deidre)		Gentle Yoga (Deidre)	
4:00 p.m.	BODY FLOW (Melanie/Kathy)					
5:00 p.m.					Tai Chi (A) (Susan)	
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 (Jan) Gentle Yoga (A) (Deidre)	BODY STEP (Jan)	BODY VIVE (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 Class in Auditorium