

## Group Exercise Schedule October 12th to 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40 AM				<b>HIIT</b> Location: Pavilion			

**REGISTRATION REQUIRED FOR ALL CLASSES.**  
PLEASE CLICK ON THE CLASS TO REGISTER.

8:00 AM	<b>Spin</b> Location: Patio		<b>Spin</b> Location: Patio		<b>Spin</b> Location: Patio		
8:30 AM						<b>HIIT/Yoga</b> Location : Patio	<b>Spin</b> Location: Patio
8:45 AM	<b>Aqua Movements</b> Location: Indoor Pool		<b>Sha Deep</b> Location: Indoor Pool				
9:00 AM			<b>Sculpt</b> Location: Patio				
9:30 AM	<b>Silver Sneakers</b> Location: Virtual		<b>Silver Sneakers Yoga</b> Location: Virtual		<b>Boot Camp</b> Location: Patio		
9:45 AM						<b>Aqua Zumba</b> Location: Indoor Pool	
10:00 AM		<b>Seniors in Motion</b> Location: Pavilion					
10:30 AM	<b>Yoga</b> Location: Studio		<b>Zumba Gold</b> Location: Virtual		<b>Silver Sneakers</b> Location: Virtual		
11:15 AM		<b>Gravity</b> Location: Studio					
12:00 PM		<b>Zumba</b> Location: Patio					

To maintain social distancing, classes at the JCC are limited to 8 Members.  
No mats or eqiptment will be made available (other than spin bikes).

5:30 PM	<b>Yoga</b> Location: Studio	<b>Chisel</b> Location: Pavilion	<b>Spin</b> Location: Patio	<b>Tabata</b> Location: Pavilion			
	<b>Spin</b> Location: Patio			<b>Spin</b> Location: Patio			
6:30 PM				<b>Zumba</b> Location: Virtual			