

Group Exercise Schedule, Starting November 2nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM		Spin (Auditorium)		HIIT (Auditorium)			
REGISTRATION REQUIRED FOR ALL CLASSES. PLEASE CLICK ON THE CLASS TO REGISTER.							
8:00 AM	Spin (Auditorium)		Spin (Auditorium)		Spin (Auditorium)		
8:30 AM	Aqua Movements (Pool)		Sha Deep (Pool)			HIIT/Yoga (Studio)	Spin (Auditorium)
9:00 AM	Silver Sneakers Classic (Auditorium)						
9:30 AM			Silver Sneakers Yoga (Virtual)		Boot Camp (Studio)		
9:45 AM		Aqua Mix (Pool)		Wet Workout (Pool)		Aqua Zumba (Pool)	
10:00 AM		Seniors in Motion (Auditorium)			Silver Sneakers Circuit (Auditorium)		
10:30 AM	Yoga (Studio)						
11:15 AM		Gravity (Studio)					
12:30 PM		Zumba (Studio)					
To maintain social distancing, classes at the JCC are limited to 8 Members. No mats or equipment will be made available (other than spin bikes).							
5:30 PM	Yoga (Studio)	Chisel (Studio) Spin (Auditorium)		Tabata (Studio)			
6:00 PM			Zumba (Studio)				