

Group Exercise Schedule March 14, 2021 to April 24, 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM			Spin (Auditorium)		HIIT (Auditorium)		

REGISTRATION REQUIRED FOR ALL CLASSES.

PLEASE CLICK ON THE CLASS TO REGISTER FOR CLASSES STARTING MARCH 14TH.
REGISTRATION OPENS ONE WEEK PRIOR TO THE CLASS START DATE.

8:30 AM	SPIN 3/21 (Auditorium)	Aqua Movements (Pool)		Sha Deep (Pool)		Spin (Auditorium)	HIIT/Yoga (Studio)
9:00 AM		Silver Sneakers Classic (Auditorium)					
9:30 AM					Silver Sneakers Yoga (Virtual)		
9:45 AM			Aqua Aerobics (Pool)		Aqua Movement (Pool)	Deep Water (Pool)	Aqua Zumba (Pool)
10:00 AM		Yoga (Studio)	Seniors in Motion (Auditorium)			Silver Sneakers Circuit (Auditorium)	
10:30 AM							
11:15 AM			Gravity (Studio)				
12:00 PM			Zumba (Auditorium)				

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 (Senior Center)	Chisel (Auditorium)	Pilates (Senior Center)	Tabata (Gymnasium)		
		Spin (Auditorium)		Spin (Auditorium)			
				Barre Burn (Studio)			
6:00 PM					Zumba (Studio)		