

Group Exercise Schedule 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40 AM				HIIT with Charity Location: Pavilion		
REGISTRATION REQUIRED FOR ALL CLASSES.						
Please click on the class to register.						
8:00 AM	Spin with Jen M. Location: Patio				Spin with Eileen Location: Patio	
9:00 AM			Sculpt with Mary Ann Location: Patio			Aqua Zumba with Michelle and Lisette Location: Outdoor Pool
9:30 AM	Silver Sneakers with Eileen Location: Virtual		Silver Sneakers Yoga with Noreen Location: Virtual		Boot Camp with Eileen Location: Patio	
10:30 AM	Vinyasa Yoga with Jen B Location: Patio	Silver Sneakers with Eileen Location: Virtual	Zumba Gold with Michelle Location: Virtual		Silver Sneakers with MaryAnn Location: Virtual	
11:00 AM						
12:00 PM		Zumba with Emma Location: Patio				
1:00 PM				Silver Sneakers with Emma Location: Virtual		
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 Jenn C Location: Pavilion	Chisel with Jillian Location: Pavilion	Spin with Amanda Location: Patio	Tabata with Amy Location: Pavilion		
	Spin with Jen M. Location: Patio	Yoga with Mary Beth Location: Patio	Pilates with Emer Location: Pavilion	Spin with Lisa Location: Patio		
6:30 PM	HIIT with Eileen Location: Virtual		BARRE Burn with Lori Location: Virtual	Zumba with Stacey Location: Virtual		