

Group Exercise Schedule December 7, 2020 to January 9, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 AM		Spin (Auditorium)		HIIT (Auditorium)			
<p style="color: red; font-weight: bold; margin: 0;">REGISTRATION REQUIRED FOR ALL CLASSES.</p> <p style="margin: 0;">PLEASE CLICK ON THE CLASS TO REGISTER FOR CLASSES STARTING DECEMBER 7TH.</p> <p style="margin: 0;">REGISTRATION OPENS ONE WEEK PRIOR TO THE CLASS START DATE.</p>							
8:00 AM	Spin (Auditorium)						
8:30 AM	Aqua Movements (Pool)		Sha Deep (Pool)		Spin (Auditorium)	HIIT/Yoga (Studio)	Spin (Auditorium)
9:00 AM	Silver Sneakers Classic (Auditorium)						
9:30 AM			Silver Sneakers Yoga (Virtual)				
9:45 AM		Aqua Aerobics (Pool)		Wet Workout (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)					
12:30 PM		Zumba (Studio)					
<p style="margin: 0;">To maintain social distancing, classes at the JCC are limited to 8 Members.</p> <p style="margin: 0;">No mats or equipment will be made available (other than spin bikes).</p>							
5:30 PM	Yoga (Senior Center)	Chisel (Auditorium)	Pilates (Senior Center)	Tabata (Auditorium)			
	Spin (Auditorium)		Spin (Auditorium)				
6:00 PM				Zumba (Studio)			