

Group Exercise Schedule July - August 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:40 AM				HIIT with Charity Location: Pavilion	
REGISTRATION REQUIRED FOR ALL CLASSES.					
Please click on the class to register. Classes at the JCC start on Monday, July 20th.					
8:00 AM	Spin with Jen M. Location: Patio				
9:30 AM	Silver Sneakers with Eileen Location: Virtual		Beginner Yoga with Noreen Location: Virtual		Boot Camp with Eileen Location: Patio
10:30 AM	Vinyasa Yoga with Jennifer Location: Virtual	Silver Sneakers with Eileen Location: Virtual	Zumba Gold with Michelle Location: Virtual		Silver Sneakers with MaryAnn Location: Virtual
11:30 AM		Silver Sneakers Yoga with Kathleen Location: Virtual			
12:00 PM		Zumba with Emma Location: Patio			
12:30 PM					
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 Pilates with Emer Location: Pavilion	Tabata with Amy Location: Pavilion	
6:30 PM	HIIT with Eileen Location: Virtual	Hatha Yoga with Mary Beth Location: Virtual	BARRE Burn with Lori Location: Virtual	Zumba with Stacey Location: Virtual	
					Revised 7/14/2020