

Group Exercise Schedule 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Location: Patio		Spin with Eileen Location: Patio		
8:30 AM							Spin (Starts 9/27) Location: Patio
9:00 AM			Sculpt with Mary Ann Location: Patio			Aquatic Zumba (9/12) Location: Outdoor Pool	
9:30 AM	Silver Sneakers with Eileen Location: Virtual		Chair Yoga with Noreen Location: Virtual		Boot Camp with Eileen Location: Patio		
10:30 AM	Vinyasa Yoga with Jen B Location: Patio	Seniors in Motion Location: Pavilion	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							
<p>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).</p>							
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		Pilates with Emer Location: Pavilion	Spin with Lisa Location: Patio			
6:30 PM	HIIT with Eileen Location: Virtual			Zumba with Stacey Location: Virtual			