

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55		BodyPump™- Michelle-CS		BodyPump™-Michelle-CS		<b>9:00</b> HiiT-Gretchen/Angela-CS <b>10:00</b> ZUMBA®-Angela/ Victoria-DS	<b>9:00</b> Yoga-Carolyn- DS <b>10:00</b> BodyPump™-Jackie-CS <b>11:00</b> Yoga-Carolyn-DS
6:00			Power Yoga-Layla-DS				
8:00	ZUMBA®-Angela-DS	HiiT-Gretchen-CS		HiiT Barre - Layla-DS Cardio Fitness Blast!-Audrey -CS	ZUMBA®-Roci-DS	<b>LOCATION KEY</b> <b>AD:</b> Auditorium Main Level <b>TS:</b> Training Studio Lower Level <b>MS:</b> Motor Skills Main Level <b>G:</b> Gymnasium Lower Level <b>DS:</b> Dance Studio Lower Level <b>CS:</b> Conditioning Studio Lower Level <b>P:</b> Pool Outdoors/ Lower Level	
	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G	■ Jacki Sorensen Aerobic Dance - G		
8:30	Cycle 55-Audrey-TS		Cycle & Core-Layla-TS		Cycle 55-Beth-TS		
9:00	Muscles in Motion-Angela-G BodyPump™- Jessica-CS	Step It Up-Angela-CS	Muscles in Motion-Audrey-G BodyPump™- Jessica-CS	Step Interval-Anna-CS	Muscles in Motion-Gretchen-G BodyPump™- Cindy-CS		
	◆ Aquafit-Gretchen-P		◆ Power H2O-Naomi-P		◆ Aquafit-Angela-P		◆ Power H2O-Naomi-P
	10:00	Pilates Mat-Anita-AD T.B.C-Anna-CS	NIA-Brenda-CS	Pilates Foam Roller-Anita-AD T.B.C-Audrey-CS	NIA-Brenda-CS		Pilates Mat-Anita-AD T.B.C.-Gretchen-CS
11:00	Fit 4 Life-Roberta-AD Yoga Flow-Anita-DS	Fit 4 Life-Gretchen-AD	Fit 4 Life-Naomi-AD Yoga-Roberta-DS	Fit 4 Life-Audrey-AD	Fit 4 Life-Roberta-AD Restorative Yoga-Mary-DS		
	12:15						
5:30	■ Jacki Sorensen Aerobic Dance - G HiiT Barre - Layla-DS	ZUMBA®-Vanessa-DS	■ Jacki Sorensen Aerobic Dance - G	ZUMBA®-Vanessa/Angela-DS	BodyPump™ classes are 60 min./MO & FR Zumba classes are 50 min. Barre Express is 30 min. All other classes are 55 minutes. All classes are FREE/JCC Members only unless marked: ■ Register/Pay with instructor, ◆ Free to Membership Plus Only (some restrictions apply) or Daily/Monthly Fees apply. <b>All Participants Must Check in at the CID with their Membership Card Before Class.</b> Class Locations/Instructors Subject to Change.		
	6:00					Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS Cycle 55-Cesar-TS
6:30		Yoga Flow-Mary-DS	Pound®-Jackie-DS	Yoga-Mary-DS			
7:00	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS			