

GROUP EXERCISE CLASS SCHEDULE JULY

Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55		BodyPump™- Michelle-CS		BodyPump™-Michelle-CS		9:00 Hiit-Gretchen/Katie-CS 10:00 ZUMBA®-Angela/ Victoria-DS	9:00 Yoga-Carolyn- DS 10:00 BodyPump™-Jackie-CS 11:00 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®-Rocio-DS	LOCATION KEY AD: Auditorium Main Level TS: Training Studio Lower Level MS: Motor Skills Main Level G: Gymnasium Lower Level DS: Dance Studio Lower Level CS: Conditioning Studio Lower Level P: 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	Step It Up-Angela-CS	Muscles in Motion-Audrey-G	Step Interval-Anna-CS	Muscles in Motion-Gretchen-G		
	BodyPump™- Jessica-CS		BodyPump™- Jessica-CS		BodyPump™- Cindy-CS		
	Aquafit-Gretchen-P	Power H20-Mandi-P	Aquafit-Katie-P	Power H20-Angela-P	Aquafit-Lisa-P		
10:00	Pilates Mat-Anita-AD	NIA-Brenda-CS	Pilates Foam Roller-Anita-AD	NIA-Brenda-CS	Pilates Mat-Anita-AD		
	T.B.C-Anna-CS		T.B.C-Audrey-CS		T.B.C.-Gretchen-CS		
11:00	Fit 4 Life-Roberta-AD	Fit 4 Life-Gretchen-AD	Fit 4 Life-Gretchen-AD	Fit 4 Life-Audrey-AD	Fit 4 Life-Roberta-AD		
	Yoga Flow-Anita-DS		Yoga-Roberta-DS		Gentle Yoga-Mary-DS		
12:15					Barre Express-Roberta-DS		
5:30	Hiit Barre - Layla-DS	ZUMBA®-Rocio-DS		ZUMBA®-Rocio-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 All Participants Must Check in at the CID with their Membership Card Before Class. Class Locations/Instructors Subject to Change.		
6:00	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS	Conditioning-Mandi-CS	Fitness Fusion-Cindy-CS			
		Cycle 55-Cesar-TS		Cycle 55-Cesar-TS			
6:30		Yoga Flow-Mary-DS		Yoga Flow-Mary-DS			
7:00	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS	Pilates Inspired-Paty-CS	BodyPump™- Cindy-CS			

*“Success is not the key to happiness.
Happiness is the key to success. If you love
what you are doing, you will be successful.”
-Buddha*

