



February 1-19, 2018 Group Exercise Schedule

***Participants:** Please sign in when you arrive at you group exercise class. Class participation numbers will help us decide whether to keep or to change class formats. Text @shawjfit to 81010 for class cancellation/updates. Schedule is effective Feb. 1 through Feb. 19. Please refer to other side for Feb. 20-March 31 schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45 am Spinning Spin Room Catherine	6-6:45 am HIIT Studio Catherine	6-6:45 am Spinning Spin Room Nate	6-6:45 am HIIT Studio/Gym Catherine	6-6:45 am Spinning Spin Room John	8-8:45am Aqua Bootcamp Pool Peach	8-9 am Get Happy Invigorate Yoga Area 2 Peach
8-8:45 am Good Morning Zumba Studio Tammy	7-7:45 am Sunrise Circuit Studio Erin G.	7-8 am Yoga Area 2 & 3 Donna	7-7:45 am Sunrise Circuit Studio Megan G.	9-9:45 am SilverSneakers Classic* Gym Carol	8-9:15 am Power Yoga Studio Rose	8:30-9:30 am Spinning Spin Room Chermanda
9-9:45 am SilverSneakers Classic* Gym Christine	8:15-9 am TNT Studio Anthony	8-8:45 am SilverSneakers Classic* Gym Christine	8:15-9 am TNT Studio Erin G.	10-10:45 am Active Agers Aerobics* Gym Carol	9:30-10:15 am Country Heat Studio Autumn	9:30-10:15 am TurboKick Studio Autumn
8:15-9:15 am Pilates Area 2 Rose Marie	9-9:45 AM SilverSneakers Classic* Gym Carol	8:30-9:45 am Yoga Area 2 & 3 Donna	8:15-9:15 am Pilates Area 2 Rose Marie	9:30-10:15 am HIIT Fusion Studio Shannon	10:30-11:15 am TRX Studio Erin G.	10:30-11:15 am Kettlebell Amped Studio Autumn
10-10:45 am SilverSneakers Circuit* Gym Christine	9-10 am Water Werks Pool Elaine	9-9:45 am SilverSneakers Circuit* Gym Christine	9-9:45 am SilverSneakers Classic* Gym Carol	9:30-10:30 am All Levels Yoga Area 2 Kevin		
9-10 am Water Werks Pool Elaine	9:30-10:30 am Bootcamp Studio Nikki	9-10 am Water Werks Pool Elaine	9-10 am Water Werks Pool Elaine	9:30-10:30 am Spinning Spin Room Chermanda		
9:30-10:15 am Tabata Studio Erin	10-10:45 am Active Agers Strength* Gym Carol	9:30-10:30 am Kettlebell Studio Josh	9:30-10:30 am Bootcamp Studio Erin G.	10:30-11:15 am Toning Circuit Studio Erin		
9:30-10:30 am Power Yoga Area 2 Rose	10:30-11:15 am Step Interval Studio Megan G.	10-11 am Chair Pilates* Area 2 & 3 Rose Marie	10-10:45 am Active Agers Interval* Gym Carol	<p>Group Exercise Updates:</p> <p>TRX Suspension Training Classes - Mondays, Tuesdays, Wednesdays & Saturdays! Call 330-867-7850, or stop by the fitness desk to register.</p> <p>Get fit your way with our NEW JCCFITPLAN! FREE program for members. Two complimentary appointments with personal trainer to help you on your fitness journey. Only at The J!</p> <p>Saturday Pop-up Spinning Classes this month! Feb. 3, 9:30 am - 20/20/20 with Annette Feb. 17, 9:30 a.m. - Bootcamp & Spinners' Choice with Jodi Feb. 24, 8 a.m. - Spinning & Core with Catherine</p> <p>Stress Relief Training Series with Kevin Karas - Sundays, Feb. 11, 18, & 25, 2-3:30 p.m. Cost: \$40 for three weeks.</p> <p>February Specials! Save 14% when you purchase a five-pack of personal training sessions or a three-pack of massage therapy session. Feb. 5-16 only.</p> <p>Did you know? You can schedule massage therapy and personal training appointments online -anytime, anywhere - at www.ShawJCC.org/Online-Registration.</p> <p>All classes subject to change without notice. Visit ShawJCC.org for latest schedule or text @shawjfit to 81010 for the latest updates.</p> <p>Yellow denotes new class, or class time change; Green denotes fee-based TRX Classes; and Blue denotes Youth Class or Kids Class</p>		
10:30-11:15 am Kettlebell XL Studio Erin	11:15 am-noon TRX Studio Anthony	10:30-11:15 am TNT Studio Nikki	10:30-11:15 am CardioKick/TurboKick Studio Shannon/Chelsea			
11-11:45 am Active Agers Yoga & Pilates* Area Room Christine		10:45-11:30 am Aqua Bootcamp Pool Trent	10:45-11:30 am SilverSneakers Yoga* Area 2 Christine			
			11:15 am-12 pm SilverSplash* Pool Lori			
			11:30-12 pm Pilates Express Burn Studio Shannon			
4:45-5:30 pm TRX Studio Anthony	4:15-5 pm SilverSplash* Pool Christine	2-2:45 pm Active Agers Yoga* Area 2 Christine	5:30-6:15 pm TNT Studio Josh			
5:30-6:20 pm Power Yoga Area 2 & 3 Rose	4:30-5:30 pm Youth Circuit Training Studio Anthony	4:45-5:30 pm TRX Studio Anthony	5:30-6:30 pm Aqua Bootcamp Pool Peach/Trent			
5:30-6:30 pm Bootcamp Studio Erin	5-5:45 pm Spinning Spin Room Annette	5:30-6:30 pm Bootcamp Studio Erin	6:15-7 pm Zumba Studio Brittney			
6:30-7:15 pm TurboKick Studio Autumn	5:30-6:30pm TurboKick Studio Chelsea	5:30-6:30 pm Kids' Bootcamp Gym Megan M.	6:30-7:30 pm Power Yoga Area 2 Kelly			
6:30-7:30 pm Meditation Yoga Area 2 Laura	5:45-6:45 pm Pilates Area 2 Rose Marie	5:30-6:30 pm Power Yoga Area 2 Rose				
7:30-8:15 pm Piyo Studio Autumn	6-7 pm Aqua Fit Pool Annette	6:30-7:30 pm Spinning Spin Room Chermanda				
	6:30-7:30 pm Zumba Studio Sue	6:30-7:15pm Kettlebell XL Studio Erin				
	7-8 pm Good Night Yoga Area 2 Sigrid					

New in 2018!

JCCFITPLAN Get Fit Your Way!

February 20-March 31, 2018 Group Exercise Schedule

***Participants:** Please sign in when you arrive at your group exercise class. Class participation numbers will help us decide whether to keep or to change class formats. Text @shawjfit to 81010 for class cancellations/updates. Schedule is effective February 20-March 31, 2018.

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9-10 am Water Werks Pool Elaine	9:30-10:30 am Bootcamp Studio Nikki	9-10 am Water Werks Pool Elaine	9-10 am Water Werks Pool Elaine	9:30-10:30 am Spinning Spin Room Chermanda		
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9:30-10:30 am Power Yoga Area 2 Rose	10:30-11:15 am Step Interval Studio Megan G.	10-11 am Chair Pilates* Area 2 & 3 Rose Marie	10-10:45 am Active Agers Interval* Auditorium Carol	<h2 style="text-align: center;">Group Exercise Updates:</h2> <p>Tabata GX & Successful Bootcamp Business Workshop - Sunday, March 4, 9 a.m.-6 p.m. Learn how to run 6-week and 8-week bootcamps that achieve recruitment, revenue generation and retention success! Register online at www.TabataBootCamp.com.</p> <p>TRX Suspension Training Classes - \$30/Member & \$40/Guest. Call 330-867-7850, or stop by the fitness desk to register. Limited to 8 people per class.</p> <p>Mondays, March 5-26, 4:45-5:30 p.m. Tuesdays, March 6-27, 11:15 a.m.-noon Wednesdays, March 7-28, 4:45-5:30 p.m. Saturdays, March 3-31, 10:30-11:15 a.m.</p> <p>Get fit your way with our NEW JCCFITPLAN! FREE program for members. Two complimentary appointments with personal trainer to help you on your fitness journey. Only at The J!</p> <p>Saturday Pop-up Spinning Classes this month! March 3, 9:30 a.m. - Spinning & Strength with Nate March 24, 9:30 a.m. - Bootcamp & Spinners' Choice with Jodi</p> <p>Did you know? You can schedule massage therapy and personal training appointments online -anytime, anywhere - at www.ShawJCC.org/Online-Registration.</p> <p>All classes subject to change without notice. Visit ShawJCC.org for latest schedule or text @shawjfit to 81010 for the latest updates.</p> <p>Yellow denotes new class, or class time change; Green denotes fee-based TRX Classes; and Blue denotes Youth Class or Kids</p>		
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NEW! Schedule Online Massage & Personal Training Appointments
ShawJCC.org/Online-Registration

