

Please sign in when you arrive at your class. Class participation numbers will help us decide whether to keep/change class formats. Text @shawjcc to 81010 or visit shawjcc.org for class updates. Schedule is effective through March 31. (subject to change). *Yellow denotes new class, class time change, or new class name; green denotes fee-based classes; and blue denotes Youth Class or Kids' Class.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:45 a.m. Spinning Spin Studio Catherine	6-6:45 a.m. HIIT Studio Catherine	6-6:45 a.m. Spinning Spin Studio Craig	6-6:45 a.m. HIIT Studio/Gym Catherine	6-6:45 a.m. Spinning Spin Studio John	7:15-8 a.m. GetFit Gym Wendell	8-9:15 a.m. Moderate Flow Yoga Summa Room Arnita
8-8:45 a.m. Good Morning Zumba Studio Tammy	7-7:45 a.m. GetFit Studio Wendell	7-8 a.m. Yoga Summa Room Donna	7 - 7:45 a.m. GetFit Studio Wendell	8-8:45 a.m. Just Train Studio Wendell	8:30-9:15 a.m. Aqua Bootcamp Pool Peach	8:30-9:30 a.m. Spinning Spin Studio Chermanda
8:15-9:15 a.m. Pilates Area 2 Julie	8:15-9 a.m. Strength & Conditioning Studio Anthony	8-8:45 a.m. Just Train Studio Wendell	8:15-9 a.m. TNT Studio Josh	9-10 a.m. Water Werks Pool Elaine	8-9:15 a.m. Power Yoga Summa Room Rose	8-8:45 a.m. TurboKick Studio Autumn
8:45-9:30 a.m. WERQ Studio Tong	8:30-9:45 a.m. All Levels Vinyasa Area 2 & 3 Kelly/Rose	8:15-9:30 a.m. Yoga Summa Room Donna	8:15-9:15 a.m. Pilates Area 2 Rose Marie	9-9:45 a.m. SilverSneakers Classic Auditorium Henry	9:30-10:15 a.m. Zumba Toning Studio Autumn	9-9:45 a.m. Kettlebell Amped Studio Autumn
9-9:45 a.m. SilverSneakers Classic Auditorium Christine	9:15-10 a.m. SilverSneakers Classic Auditorium Megan	9-9:45 a.m. SilverSneakers Classic Auditorium Christine	9:15-10 a.m. SilverSneakers Classic Auditorium Megan	9-9:45 a.m. POUND Studio Lynn	10:30-11:15 a.m. Zumba Strong Studio Autumn	
9-10 a.m. Water Werks Pool Elaine	9-10 a.m. Water Werks Pool Elaine	9-10 a.m. Water Werks Pool Elaine	9-10 a.m. Water Werks Pool Elaine	9:30-10:30 a.m. All Levels Yoga Summa Room Kevin	11:15a.m.-noon TRX Studio Anthony	
9:30-10:15 a.m. Tabata Studio Erin	9-10 a.m. Tai Chi Studio Rita	9-9:45 a.m. Kettlebell Studio Josh	9:30-10:30 a.m. Bootcamp Studio Josh	9:30 - 10:30 a.m. Spinning Spin Studio Chermanda		
9:30-10:30 a.m. Power Yoga Summa Room Rose	10-10:45 a.m. Active Agers Strength Auditorium Megan	9:50-10:30 a.m. WERQ Studio Tong	9:30-10:30 a.m. Moderate Yoga Summa Room Kevin	10-10:45 a.m. Active Agers Aerobics Auditorium Henry		
10-10:45 a.m. SilverSneakers Circuit Auditorium Christine	10-10:45 a.m. Chair Pilates Area 2 & 3 Rose Marie	10-10:45 a.m. SilverSneakers Circuit Auditorium Christine	10-10:45 a.m. Active Agers Interval Auditorium Megan	10:30-11:15 a.m. Toning Circuit Studio Erin		
10:30-11:15 a.m. Kettlebell Studio Erin	10:45-11:30 a.m. Zumba Gold Gym Tanya	10-11 a.m. Chair Pilates Area 2 & 3 Rose Marie	10:45-11:30 a.m. SilverSneakers Yoga Area 2 Christine	<p align="center">March Updates/Changes</p> <p>Saturday Transform class changes to Zumba Strong</p> <p>SPINNING - SPINPower - Using the SPIN Chronometers, find how to gauge your work, have fun, and learn how to progress in your workouts. Find your POWER! First class FREE. \$5 M/\$10 Guest/class or 4-class PowerPass \$15 M/\$25 G</p> <p>ROM (Ride of the Month) -An elevated Spin experience. \$8 to reserve your bike! March 14th theme: Mohican Mayhem- 8:30am- A simulated mountain bike ride through Mohican St. Pk. Rolling hills and aerobic intervals.</p> <p>Have a non-member friend who wants to ride? A \$65 monthly unlimited Spin pass is now available! (excludes fee-paid classes).</p> <p>POUND Cardio Drumming - Channel your inner rockstar. Torch calories and drum your way to a leaner, slimmer physique – First class FREE. Buy a discounted pass: 9 classes for only \$30</p> <p>Tai Chi Classes - with Rita Bowling, a 25+ year master of Tai Chi. Monthly passes are sold for this class at any desk. Cost: 1X/week pass: \$45 Member/\$55 Guest per month: 2X/week pass: \$75 Member/\$80 Guest per month First class FREE! Monday 5:30pm & Tuesday 9am</p> <p>TRX - Build core strength and functional fitness. First class is always FREE. Purchase a four class pass. Cost: \$30 Member/\$40 Guest for any classes. These are group-training style sessions led by a TRX certified trainer who can help you progress!</p> <p>VIBE TRX Body Burn These TRX Suspension-dominated sessions will motivate everyone within this small group setting. Your coach will lead you through circuits incorporating various stations in the VIBE Room. Some of these sessions are also HIIT-based. To start burning some fuel, sign up at the Fitness Desk to reserve a TRX unit. There are a limited number available. It is recommended that you have attended a boot camp or HIIT Class previously.</p>		
11-11:45 a.m. Active Agers Yoga Area 2 Christine			10:30-11:30 a.m. Zumba Gold Gym Tanya			
4:45-5:30 p.m. TRX Studio Anthony	5:30-6:30 p.m. Strength & Conditioning Studio Kara	2-2:45 p.m. Active Agers Yoga* Area 2 Christine	5:30-6:20 pm Pilates Area 2 Julie			
5:30-6:20 p.m. Power Yoga Summa Room Rose	5:30-6:30 pm Pilates Area 2 Rose Marie	4:45-5:30 p.m. TRX Studio Anthony	6-7 p.m. Spinning Spin Studio Nate			
5:30-6:30 p.m. Bootcamp Studio Dena	6:30-7:30 p.m. SPINPower Spin Studio Jodi	5:30-6:30 p.m. Bootcamp Studio Erin	5:30-6:15 p.m. Strength & Conditioning Studio Jodi			
5:30-6:30 p.m. Tai Chi Area Room 2 Rita	6:30-7:30 p.m. Kids N Training Racquetball Court 1 Kara	5:30-6:30 p.m. Power Yoga Summa Room Rose	5:30-6:30 p.m. Aqua Bootcamp Pool Peach			
6:30-7:15 p.m. Zumba Strong Studio Autumn	6:30-7:30 p.m. Zumba Studio Kristy	6:30-7:30 p.m. Spinning Spin Studio Chermanda	6:30-7:30 p.m. Zumba Studio Alison			
6:30-7:30 p.m. Meditation Yoga Summa Room Laura	7-8 p.m. Good Night Yoga Summa Room Sigrid	6:30-7:15 p.m. Kettlebell XL Studio Erin	6:30-7:30 p.m. Power Yoga Summa Room			