

Please sign in when you arrive at your class. Class participation numbers will help us decide whether to keep/change class formats. Text @shawjfit to 81010 or visit shawjcc.org for class updates. Schedule is effective through Oct. 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. <b>Spinning</b> Spin Studio Catherine	6-6:45 a.m. <b>HIIT</b> Studio Catherine	6-6:45 a.m. <b>Spinning</b> Spin Studio Craig	6-6:45 a.m. <b>HIIT</b> Studio/Gym Catherine	6-6:45 a.m. <b>Spinning</b> Spin Studio John	7:15-8 a.m. <b>GetFit</b> Gym Wendell	8-9:15 a.m. <b>Moderate Flow Yoga</b> Area 2 Arnita
8-8:45 a.m. <b>Good Morning Zumba</b> Studio Tammy	7-7:45 a.m. <b>GetFit</b> Studio Wendell	7-8 a.m. <b>Yoga</b> Area 2 & 3 Donna	7-7:45 a.m. <b>Barre(thru Oct 3rd)</b> Studio Megan G.	8-8:45 a.m. <b>Just Train</b> Studio Wendell	8:30-9:15 a.m. <b>Aqua Bootcamp</b> Pool Peach	8:30-9:30 a.m. <b>Spinning</b> Spin Studio Chermanda
8:15-9:15 a.m. <b>Pilates</b> Area 2 Rose Marie/Julie	8:15-9 a.m. <b>Strength &amp; Conditioning</b> Studio Anthony	8-8:45 a.m. <b>Just Train</b> Studio Wendell	8:15-9 a.m. <b>TNT</b> Studio Josh	9-10 a.m. <b>Water Werks</b> Pool Elaine	8-9:15 a.m. <b>Power Yoga</b> Studio Rose	8-8:45 a.m. <b>TurboKick</b> Studio Autumn
8:45-9:30 a.m. <b>WERQ</b> Studio Tong	8:30-9:45 a.m. <b>All Levels Vinyasa</b> Area 2 & 3 Kelly	8:15-9:30 a.m. <b>Yoga</b> Area 2 & 3 Donna	8:15-9:15 a.m. <b>Pilates</b> Area 2 Rose Marie	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Carol	9:30-10:15 a.m. <b>Zumba Toning</b> Studio Autumn	9-9:45 a.m. <b>Kettlebell Amped</b> Studio Autumn
9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Christine	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Carol	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Christine	9-9:45 a.m. <b>SilverSneakers Classic</b> Auditorium Carol	9-9:45 a.m. <b>POUND</b> Studio Lynn	10:30-11:30 a.m. <b>El Niño's Dance Fitness</b> (Kids) Racquetball Court 1 Narketta	
9-10 a.m. <b>Water Werks</b> Pool Elaine	9-10 a.m. <b>Water Werks</b> Pool Elaine	9-10 a.m. <b>Water Werks</b> Pool Elaine	9-10 a.m. <b>Water Werks</b> Pool Elaine	9:30-10:30 a.m. <b>All Levels Yoga</b> Area 2 Kevin	10:30-11:15 a.m. <b>Transform</b> Studio Autumn	
9:30-10:15 a.m. <b>Tabata</b> Studio Erin	9-10 a.m. <b>Tai Chi</b> Studio Rita	9-9:45 a.m. <b>Kettlebell</b> Studio Josh	9:30-10:30 a.m. <b>Bootcamp</b> Studio Josh	9:30-10:30 a.m. <b>Spinning (thru Oct 4)</b> Spin Studio Chermanda	11:15a.m.-noon <b>TRX</b> Studio Anthony	
9:30-10:30 a.m. <b>Power Yoga</b> Area 2 Rose	10-10:45 a.m. <b>Active Agers Strength</b> Auditorium Carol	9:45-10:30 a.m. <b>WERQ</b> Studio Tong	9:30-10:30 a.m. <b>Moderate Yoga</b> Back field/Area 2 Kevin	10-10:45 a.m. <b>Active Agers Aerobics</b> Auditorium Carol	<b>Facility Closings</b> Sunday, Sept. 29: Erev Rosh Hashanah, Building will close at 3 p.m. Monday, Sept. 30: Rosh Hashanah, Building closed Tuesday, Oct 1: Rosh Hashanah, Building closed Tuesday, Oct 8: Erev Yom Kippur, Building will close at 3 p.m. (including ECE & SACC) Wednesday, Oct 9: Yom Kippur, Building closed	
10-10:45 a.m. <b>SilverSneakers Circuit</b> Auditorium Christine	10-10:45 a.m. <b>Chair Pilates</b> Area 2 & 3 Rose Marie	10-10:45 a.m. <b>SilverSneakers Circuit</b> Auditorium Christine	10-10:45 a.m. <b>Active Agers Interval</b> Auditorium Carol	10:30-11:15 a.m. <b>Toning Circuit</b> Studio Erin		
10:30-11:15 a.m. <b>Kettlebell</b> Studio Erin	11:15 a.m.-noon <b>TRX</b> Studio Anthony	10-11 a.m. <b>Chair Pilates</b> Area 2 & 3 Rose Marie	10:45-11:30 a.m. <b>SilverSneakers Yoga</b> Area 2 Christine	<b>Group Fitness Updates/Changes</b> <b>POUND and Strength &amp; Conditioning are flipped!</b> POUND is moving from 5:30 p.m. on Thursdays to 9 a.m. on Fridays. On 5:30 p.m. Thursday, we will see the addition of a second Strength & Conditioning class due to popular demand.  <b>Changes:</b> HIIT Fusion on Fridays at 9 a.m. is removed from the schedule. Pilates on Tuesdays is now 5:30 p.m. Barre will be removed from the schedule after Oct. 3 Spinning on Fridays at 9:30 a.m. will be removed after Oct. 4.  <b>WERQ</b> - WERQ (pronounced "work") is the wildly addictive dance fitness class based on the hottest pop, rock, and hip-hop music.  <b>POUND Cardio Drumming</b> - Channel your inner rockstar. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – <b>Rockout. Workout. First class FREE. Buy a discounted pass: 9 classes for only \$30</b>  <b>Tai Chi Classes</b> - Join this "meditation in movement" class with Rita Bowling, a 25+ year master of Tai Chi. Monthly passes are sold for this class at any desk. Cost: <b>1X/week pass:</b> \$45 Member/\$55 Guest per month; <b>2X/week pass:</b> \$75 Member/\$80 Guest per month  <b>Kids N Training</b> - Tuesdays, 6:30-7:30 p.m. Play fit, stay fit for kids <b>EL Niños Dance Fitness</b> - Saturdays, 10:30-11:30 a.m. Dance fitness for Niño's/Kids!  <b>TRX - Build core strength and functional fitness.</b> Maximum of 8 participants per class. First class is always FREE. Purchase a four class pass. Cost: \$30 Member/\$40 Guest for any classes in one calendar month.  <b>Healios 360 - Oct. 7-Dec. 20 - Mondays-Fridays 5:10-6 a.m.</b> with Dr. Peach Yahney. \$200 Member/\$240 Guest  <b>IGNITE! - Oct. 14-Nov. 22</b> - Choose this fired up weight loss and HIIT exercise program and find success! <b>Attend Tuesdays and Thursdays at 6 p.m. or Mondays and Fridays at 7 a.m. for 6 weeks. FREE Program Kickoff/Nutrition Seminar open to public on Oct. 7 at 6 p.m. \$180 Member/\$240 Guest.</b>  <b>COMING SOON: VIBE Room</b> - New Studio for groups and special classes should be fully ready end of October. <b>PLUS: Spinning Chrono Power Bikes!!</b>  <b>SilverSneaker Class Updates:</b> Please note on Oct. 14, 15, 16, 21 & 22, the auditorium will be closed for congregation services, and parking will be at a premium. SilverSneakers members must park in the back lot.		
11-11:45 a.m. <b>Active Agers Yoga</b> Area Room Christine		11a.m.-12p.m. <b>Tai Chi</b> Studio Rita	11a.m.-noon <b>Zumba Gold</b> Studio Tanya			
4:45-5:30 p.m. <b>TRX</b> Studio Anthony		2-2:45 p.m. <b>Active Agers Yoga*</b> Area 2 Christine				
5:30-6:30 p.m. <b>Power Yoga</b> Area 2 & 3 Rose	5:30-6:30 p.m. <b>Strength &amp; Conditioning</b> Studio Kara	4:45-5:30 p.m. <b>TRX</b> Studio Anthony				
5:30-6:30 p.m. <b>Bootcamp</b> Studio Dena	5:30-6:30 pm <b>Pilates</b> Area 2 Rose Marie	5:30-6:30 p.m. <b>Bootcamp</b> Studio Erin	5:30-6:15 p.m. <b>Strength &amp; Conditioning</b> Studio Kara			
6:30-7:15 p.m. <b>Zumba Strong</b> Studio Autumn	6:30-7:30 p.m. <b>Kids N Training</b> Racquetball Court 1 Kara	5:30-6:30 p.m. <b>Power Yoga</b> Area 2 Rose	5:30-6:30 p.m. <b>Aqua Bootcamp</b> Pool Peach			
6:30-7:30 p.m. <b>Meditation Yoga</b> Area 2 Laura	6:30-7:30 p.m. <b>Zumba</b> Studio Sue	6:30-7:30 p.m. <b>Spinning</b> Spin Studio Chermanda	6:15-7:15 p.m. <b>Zumba</b> Studio Alison/Kristy			
7:30-8:15 p.m. <b>PiYo</b> Studio Autumn	7-8 p.m. <b>Good Night Yoga</b> Area 2 Sigrid	6:30-7:15 p.m. <b>Kettlebell XL</b> Studio Erin	6:30-7:30 p.m. <b>Power Yoga</b> Area 2 Kelly			