

HBG J Group Fitness Schedule

Fall 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin 6:15am	Suspension Training* 6:30am	Spin 6:15am		Spin 6:15am	Body Pump 9am
	Pilates 9am		Pilates 9am	Suspension Training* 6:30am	Zumba 10:30am
Yoga with Marlene 10am	SilverSneakers Classic 9:30am		SilverSneakers Classic 9:30am		
Low Impact Cardio 10:30am		SilverSneakers Boom 10:30am	Zumba Gold 11am		SUNDAY
SilverSneakers YogaStretch 11:45am		SilverSneakers YogaStretch 11:45am	Spin 11:45am	Boot Camp 12:15pm	Spin 9am
			Zumba 12pm		Group Interval Training* 10am
Body Pump 12pm		Boot Camp 12:15pm	Suspension Training* 1pm		
Spin 4:30pm		Spin 4:30pm	Guided Medita- tion 1:45pm		
Yoga 5:30pm	Body Pump 5:15pm	Yoga 5:30pm	Gentle Yoga 5pm		
Spin 5:45pm	Boot Camp 5:30pm	Spin 5:45pm	Body Pump 5:15pm	Spin 4pm	
	Spin 6pm	Group Interval* 6pm	Group Interval Training* 6:30pm		

Room

Key:

Fitness Center—
Basement Level

Gymnasium
1st Floor

Group Fitness
Studio
Basement Level

Spin Studio
1st Floor

Auditorium
1st Floor

Spector
1st Floor

Group classes

in your membership unless marked with an*

To receive emails about class changes and pool updates please email sfr@jewishfedhbg.org

Suspension Training and Group Interval Training are offered for a small fee and require advance registration.

For more information or to register contact Terri at t.travers@jewishfedhbg.org

are included