

HBG J Group Fitness Schedule

Winter 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			
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	
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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