

Sunday Sept 12	Monday Sept 13	Tuesday Sept 14	Wednesday Sept 15	Thursday Sept 16	Friday Sept 17	Saturday Sept 18
<b>GRANDPARENTS DAY!</b>	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Sadaf	8:15-9 Barre Fusion: Betsy VIRTUAL ONLY	<b>NO LIVE CLASSES in observance of Yom Kippur on-demand videos available at <a href="http://jccnh.org/incline-fit">jccnh.org/incline-fit</a></b>	8-8:45 Pilates Mat Fusion: Sadaf	
	8-8:45 SPIN: Lisa	9-10 Functional Core: Susan	9-9:45 SPIN: Vicki		9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
<b>8-8:45 Balance &amp; Lifting: Susan (HYBRID CLASS)</b>	9:15-10:15 Cardio & Strength: Lisa		9:15-10 Interval Mash-up: Susan		9-10 Zumba Toning: Lisa K	9:30-10:30 Total Body Conditioning: Sadaf
9-10 Zumba: Heather	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Susan		10:15-11 Active Aging (Silver Sneakers): Terri	
9-10 SPIN: Michelle	5-5:45 Total Body Cond. Xpress: Nicole	5-5:45 STEP & Strength: Lisa				
<b>10:15-10:45 Lecture: Weight loss &amp; aging (VIRTUAL ONLY)</b>		6-6:45 SPIN: Michelle	<b>NO LIVE CLASSES on-demand videos available</b>			
<b>11-11:30 Lecture: Common Nutrition Deficiencies (VIRTUAL ONLY)</b>	6-7 Gentle Yoga: Alan VIRTUAL ONLY	6-7 Zumba: Heather				
Sunday Sept 19	Monday Sept 20	Tuesday Sept 21	Wednesday Sept 22	Thursday Sept 23	Friday Sept 24	Saturday Sept 25
<b>JCC ANNUAL BAGEL RUN Road Race &amp; Fitness Walk</b>	8-8:45 Barre Fusion: Sadaf	<b>NO LIVE CLASSES in observance of Sukkot on-demand videos available at <a href="http://jccnh.org/incline-fit">jccnh.org/incline-fit</a></b>	8:15-9 Barre Fusion: Betsy VIRTUAL ONLY	7-7:45 Active Yoga: Beth (Aerobic Rm)	8-8:45 Pilates Mat Fusion: Sadaf	
	8-8:45 SPIN: Lisa		9-9:45 SPIN: Vicki	8-8:45 SPIN: Beth	9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
9-10 Zumba: Loren	9:15-10:15 Cardio & Strength: Lisa		9:15-10 Low & Loaded: Susan	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9:30-10:30 Total Body Conditioning: Nicole
<b>*special time 8-8:45 SPIN: Michelle</b>	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Pam	10:15-11 Drum-Fit: Pam	10:15-11 Active Aging (Silver Sneakers): DONNA	
	<b>NO LIVE PM CLASSES on-demand videos available</b>		5:15-6 Active Yoga: Sarah (Aerobic Rm)	5-6 Pain Free Yoga: Alan		
			*new time 6:15-7:15 Total Body Cond: Maria	6:15-7:15 Zumba: Heather		
Sunday Sept 26	Monday Sept 27		Tuesday Sept 28	Wednesday Sept 29	Thursday Sept 30	Friday Oct 1
	8-8:45 Barre Fusion: Sadaf	<b>NO LIVE CLASSES in observance of Shemini Atzeret on-demand videos available at <a href="http://jccnh.org/incline-fit">jccnh.org/incline-fit</a></b>	8:15-9 Barre Fusion: Betsy VIRTUAL ONLY	7-7:45 Active Yoga: Beth (Aerobic Rm)	8-8:45 Pilates Mat Fusion: Sadaf	
	8-8:45 SPIN: Lisa		9-9:45 SPIN: Vicki	8-8:45 SPIN: Beth	9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
9-10 Zumba: Lisa K	9:15-10:15 Cardio & Strength: Lisa		9:15-10 Low & Loaded: Pam	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9:30-10:30 Total Body Conditioning: Nicole
9-10 SPIN: Michelle	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Pam	10:15-11 Drum-Fit: Pam	10:15-11 Active Aging (Silver Sneakers): Terri	
	<b>NO LIVE PM CLASSES on-demand videos available</b>		5:15-6 Active Yoga: Sarah (Aerobic Rm)	5-6 Pain Free Yoga: Alan		
			*new time 6:15-7:15 Total Body Cond: Maria	6:15-7:15 Zumba: Heather		
Sunday Oct 3	Monday Oct 4		Tuesday Oct 5	Wednesday Oct 6	Thursday Oct 7	Friday Oct 8
	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Sadaf	8:15-9 Barre Fusion: Betsy VIRTUAL ONLY	7-7:45 Active Yoga: Beth (Aerobic Rm)	8-8:45 Pilates Mat Fusion: Sadaf	
	8-8:45 SPIN: Lisa	9-10 Functional Core: Susan	9-9:45 SPIN: Vicki	8-8:45 SPIN: Beth	9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
	9:15-10:15 Cardio & Strength: Lisa		9:15-10 Low & Loaded: Susan	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9:30-10:30 Total Body Conditioning: Nicole
9-10 Zumba: Heather	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Pam	10:15-11 Drum-Fit: Pam	10:15-11 Active Aging (Silver Sneakers): Terri	
9-10 SPIN: Michelle	5-5:45 Total Body Cond. Xpress: Nicole	5-5:45 STEP & Strength: Lisa	5:15-6 Active Yoga: Sarah (Aerobic Rm)	5-6 Pain Free Yoga: Alan		
		6-6:45 SPIN: Michelle	*new time 6:15-7:15 Total Body Cond: Maria			
	6-7 Gentle Yoga: Alan VIRTUAL ONLY	6-7 Zumba: Heather				