

GROUP EXERCISE VIRTUAL CLASS SCHEDULE

Aug 2-Aug 29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 Zumba: April	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8:30-9:30 Barre: Betsy	8-8:45 Cardio Kick Box: Pam	8-8:45 Pilates Mat: Sadaf	
9:45-10:45 Pilates Mat: Allison	9:15-10:15 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9:45-10:45 Zumba & Sculpt: Loren	9-10 Total Body Cond: Jess	9-10 Zumba Toning: Lisa K	9-10 Zumba: Val
11-12 Yoga: Andrea	11-11:45 Silver Sneakers: Lisa	10-10:30 Simply Stretch: Susan	11-11:45 Silver Sneakers: Deb F	10:15-11 Functional Flexibility: Patrick	10:10-10:55 Silver Sneakers: Terri	10:15-11:15 Total Body Cond: Nicole
		10:45-11:45 NIA: Nancy				
	4-4:45 Zumba Gold: Suzanne		5-6 Core Yoga: Allison	4:30-5:30 Pain Free Posture Yoga: Alan		
	5-6 Total Body Cond: Nicole	4:30-5:30 Cardio & Strength: Jess	6-7 HIIT Yoga: Beth *on site outdoor class	6-7 Zumba: Juli Q		
	6-7 Gentle Yoga: Alan	6-7 Zumba: Heather	6:15-7:15 Total Body Cond: Maria	6:15-7:15 Kripalu Yoga: Julie L		

FREE FOR JCC MEMBERS / VIRTUAL PARTICIPATION FEE OF \$8 per CLASS FOR NON-MBRS

***OUTDOOR CLASS MAY BE CANCELLED IF WEATHER WARRANTS**