

JCC GROUP EX & SPIN CLASS SCHEDULE: JUNE 27 - JULY 24, 2021						
ALL CLASSES ARE HYBRID (virtual & on-site) UNLESS NOTED OTHERWISE						
* OUTDOOR CLASSES: weather permitting / check in at the Welcome Desk when you arrive						
Sunday June 27	Monday June 28	Tuesday June 29	Wednesday June 30	Thursday July 1	Friday July 2	Saturday July 3
				7:30-8:15 Yoga: Beth *held outside on campus		
	8-8:45 Barre Fusion: Sadaf VIRTUAL ONLY	8-8:45 Cardio & Strength: Pam	8:15-9 Barre Fusion: NO LIVE CLASS	8-8:45 Cardio Kick Box: Pam	8-8:45 Pilates Mat: Sadaf VIRTUAL ONLY	
	8-8:45 SPIN: Lisa		9-9:45 SPIN: Vicki	9-9:45 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	9-10 Functional Core: Susan	9:15-10 Instructor's Choice Step & Sculpt: Pam	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9-10 Zumba: Juli *held outside on campus
9-10 SPIN: Michelle	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Pam		10:15-11 Active Aging (Silver Sneakers): Terri	9:30-10:30 Total Body Conditioning: Nicole
	5-5:45 Total Body Cond. Xpress: Nicole	5-5:45 TABATA Cardio & Strength: Lisa	5:15-6 Yoga: Sarah *held outside on campus	5-6 Pain Free Yoga: Alan		
		6-6:45 SPIN: Michelle				
	6-7 Gentle Yoga: Alan VIRTUAL ONLY	6-7 Zumba: Heather	6-7 Total Body Cond: Maria			
Sunday July 4	Monday July 5	Tuesday July 6	Wednesday July 7	Thursday July 8	Friday July 9	Saturday July 10
				7:30-8:15 Yoga: Beth *held outside on campus		
	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8:15-9 Barre Fusion: Sadaf	8-8:45 Drum-Fit: Pam	8-8:45 Pilates Mat Fusion: Sadaf	
	8-8:45 SPIN: Lisa		9-9:45 SPIN: Vicki	9-9:45 SPIN: Beth	9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
9-10 Zumba: Heather	9:15-10:15 Cardio & Strength: Lisa	9-10 Functional Core: Pam	9:15-10 Instructor's Choice DANCE & SCULPT: Susan	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9-10 Zumba: Juli *held outside on campus
9-10 SPIN: Michelle	11-11:45 Active Aging (Silver Sneakers): Lisa		11-11:45 Active Aging (Silver Sneakers): Pam		10:15-11 Active Aging (Silver Sneakers): Terri	9:30-10:30 Total Body Conditioning: Nicole
	5-5:45 Total Body Cond. NO LIVE CLASS	5-5:45 TABATA Cardio & Strength: Lisa	5:15-6 Yoga: Sarah *held outside on campus	5-6 Pain Free Yoga: Alan		
		6-6:45 SPIN: Michelle				
	6-7 Gentle Yoga NO LIVE CLASS	6-7 Zumba: Heather	6-7 Total Body Cond: Maria			
Sunday July 11	Monday July 12	Tuesday July 13	Wednesday July 14	Thursday July 15	Friday July 16	Saturday July 17
				7:30-8:15 Yoga: Beth *held outside on campus		
	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8:15-9 Barre Fusion: Betsy VIRTUAL ONLY	8-8:45 Drum-Fit: Pam	8-8:45 Pilates Mat Fusion: Sadaf	
	8-8:45 SPIN: Lisa		9-9:45 SPIN: Vicki	9-9:45 SPIN: Beth	9-9:45 SPIN: Willa	8:30-9:15 SPIN: Maria
9-10 Zumba: Heather	9:15-10:15 Cardio & Strength: Lisa	9-10 Functional Core: Susan	9:15-10 Instructor's Choice STEP & SCULPT: Pam	9-10 Total Body Conditioning: Jess	9-10 Zumba Toning: Lisa K	9-10 Zumba: Juli *held outside on campus
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		6-6:45 SPIN: Michelle				
	6-7 Gentle Yoga: Alan VIRTUAL ONLY	6-7 Zumba: Heather	6-7 Total Body Cond: Maria			
Sunday July 18	Monday July 19	Tuesday July 20	Wednesday July 21	Thursday July 22	Friday July 23	Saturday July 24
				7:30-8:15 Yoga: Beth *held outside on campus		
	8-8:45 Barre Fusion: Sadaf	8-8:45 Cardio & Strength: Pam	8:15-9 Barre Fusion: Betsy VIRTUAL ONLY	8-8:45 Drum-Fit: Pam	8-8:45 Pilates Mat Fusion: Sadaf	
	8-8:45 SPIN: Lisa		9-9:45 SPIN: Vicki	9-9:45 SPIN: Beth	9-9:45 SPIN: Willa	8:30-9:15 SPIN: Deb
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