<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Yogalates</strong>&lt;br&gt;6:00 - 7:00 AM Nicki</td>
<td><strong>Cardio Sculpt</strong>&lt;br&gt;6:00 - 7:00 AM Janet</td>
<td><strong>Cardio Sculpt</strong>&lt;br&gt;6:00 - 7:00 AM Janet</td>
<td><strong>Cycling</strong>&lt;br&gt;6:00 - 6:45 AM Doug</td>
<td><strong>Cycling</strong>&lt;br&gt;6:00 - 6:45 AM Doug</td>
<td><strong>Yogalates</strong>&lt;br&gt;6:00 - 7:00 AM Janet</td>
<td><strong>Intermediate Step</strong>&lt;br&gt;8:15 - 9:15 AM Janet</td>
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<tr>
<td><strong>Cycle Surprise</strong>&lt;br&gt;9:15 - 10:15 AM Kelly</td>
<td><strong>Bosu Blast</strong>&lt;br&gt;9:15 - 10:00 AM Kelly</td>
<td><strong>Yogalates</strong>&lt;br&gt;6:00 - 7:00 AM Nicki</td>
<td><strong>Cycling</strong>&lt;br&gt;6:00 - 6:45 AM Doug</td>
<td><strong>Cycling</strong>&lt;br&gt;6:00 - 6:45 AM Doug</td>
<td><strong>Cycle &amp; Sculpt</strong>&lt;br&gt;6:00 - 6:45 AM Doug</td>
<td><strong>Cycling</strong>&lt;br&gt;6:00 - 6:45 AM Doug</td>
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<td><strong>Yogalates</strong>&lt;br&gt;8:00 - 9:00 AM Nicki</td>
<td><strong>Cycling</strong>&lt;br&gt;8:00 - 8:50 AM Nicki</td>
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<td><strong>Cycle Surprise</strong>&lt;br&gt;9:15 - 10:15 AM Kelly</td>
<td><strong>Cycle Surprising Yoga</strong>&lt;br&gt;9:15 - 10:15 AM Sara</td>
<td><strong>Yoga Flow</strong>&lt;br&gt;9:15 - 10:00 AM Liz W</td>
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<td><strong>Mat Pilates</strong>&lt;br&gt;10:15 - 11:00 AM Mary (Mezz.)</td>
<td><strong>Mindful Meditation</strong>&lt;br&gt;10:15 - 10:45 AM Liza (Mezz.)</td>
<td><strong>Active Adult Strength</strong>&lt;br&gt;10:30 - 11:15 AM Francesca</td>
<td><strong>Tabla Bootcamp</strong>&lt;br&gt;9:15 - 10:00 AM Kelly (FFR)</td>
<td><strong>Tabla Bootcamp</strong>&lt;br&gt;9:15 - 10:30 AM</td>
<td><strong>Tabla Bootcamp</strong>&lt;br&gt;9:15 - 10:30 AM</td>
<td><strong>Tabla Bootcamp</strong>&lt;br&gt;9:15 - 10:30 AM</td>
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<td><strong>All Levels Yoga</strong>&lt;br&gt;5:30 - 6:30 PM Cheryl (Mezz.)</td>
<td><strong>Bosu Blast</strong>&lt;br&gt;5:00 - 5:25 PM Nicki</td>
<td><strong>All Levels Yoga</strong>&lt;br&gt;6:00 - 7:15 PM Cheryl (Mezz.)</td>
<td><strong>Barbell Blast</strong>&lt;br&gt;6:30 - 7:30 PM Donna</td>
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<td><strong>Cycling</strong>&lt;br&gt;5:30 - 6:15 PM Susan</td>
<td><strong>Cycling</strong>&lt;br&gt;5:30 - 6:15 PM Nicki</td>
<td><strong>Cycling</strong>&lt;br&gt;5:30 - 6:15 PM Cari *1st Wednesday of every month is 90 minute ride</td>
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<td><strong>ZUMBA</strong>&lt;br&gt;10:30 - 11:30 AM Sarah</td>
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**Class Locations:**
Yoga/Pilates classes are held upstairs in the Mezzanine. Water classes are in the pool. All other classes are in the downstairs studio unless otherwise noted (FFR).

Please note: Schedule is subject to change based on class attendance. Refrain from cell phone use in class. Notify the instructor before class begins if you need to leave early. You will not be permitted to enter a class beyond 5 minutes of that class starting.

Questions, comments, concerns? Please contact Susan Whirty at swhirty@springfieldjcc.org
**Adult Active Strength:** Have fun while getting in shape! This class welcomes participants of all ages who want a low impact workout, while improving flexibility, toning muscles, and building endurance.

**All Levels Yoga:** Appropriate for all ages, yoga is still considered one of the best activities for your mind and body. Flexibility is not a necessary element to a peaceful and enjoyable yoga practice.

**Barbell Blast:** Strength training to the beat of the music! This class will challenge your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls.

**Back in Balance:** This class focuses on training the body to build and maintain its’ ability to balance. You will train muscles that prevent falling and encourage stability.

**BOSU Blast:** This is a multidimensional training class that integrates core strength, balance, and coordination training in a fun-filled and challenging workout.

**Cardio Sculpt/Cardio:** Interweaves variable-intensity cardio with total body strengthening using weights.

**Cycling/Cycle & Sculpt/Cycle:** Experience a high-intensity indoor cardio class on stationary bikes. Hit the hills, power the sprints, and chase the competition. Cycle & Sculpt will also incorporate strength exercises while on the bike. All levels welcome! (limit 28)

**Intermediate Step:** A low impact, high intensity cardiovascular workout using a platform called the “step”. Intensity can be modified by changing the height of the step, sometimes integrating weights.

**Mat Pilates:** Controlled movements to improve flexibility and build total body strength. The flow of movements in this class will focus on alignment, breathing, balance, and core strength.

**Mindful Meditation:** Experience mindfulness in the outdoors to promote concentration, peace, and joy. In inclement weather class will be held in mezzanine.

**Rock, Roll and Release:** Foam roll your way to increased flexibility and range of motion. Foam rollers are used to create an instability that challenges the core, promoting strength and balance. Other movements use the roller in ways that increase flexibility and range of motion, such as stretching and bending exercises.

**Strength & Sculpt/Super Sculpt:** Body sculpting exercises that are great for all levels. A variety of equipment will be used to keep things fresh.

**Swimnastics/Aqua Jogging/Water Aerobics:** High intensity water exercises performed at interval times with short periods of rest. Swimnastics & Aqua Freestyle are held in the shallow end of the pool using various equipment. Aqua Jogging travels to the deep end of the pool.

**Tabata Bootcamp:** Experience a high-intensity boot camp style workout in our FFR! There will be a combination of both strength and cardio intervals to work all of your muscle groups.

**Vinyasa Flow:** In this yoga class you will synchronize breath with movement. Participants will focus on linking conscious breath with a mindful flow. In a Vinyasa class, participants awaken their strength, energy, and flexibility in a fun atmosphere.

**Yogalates:** A blend of Yoga and Pilates that focuses on strength, flexibility, breath and mindfulness.

**ZUMBA® & ZUMBA Toning®:** Ditch the workout, join the party! Zumba is a fusion of Latin and International music - dance themes that create an exciting, dynamic and effective fitness system. No dance experience is necessary! Toning includes toning dance sections with small hand weights.

**ZUMBA® GOLD** is a lower intensity, lower impact dance fitness class. Choreography is easy to follow and FUN! Great for beginners!