

# Winter Group Exercise Schedule November 8<sup>th</sup> – December 30<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:00 – 6:45 AM Doug	Cardio Sculpt 6:00 - 7:00 AM Janet		Cardio Sculpt 6:00 - 7:00 AM Janet			
			Cycling 6:00 – 6:45 AM Doug			
		Cycling 7:00 – 7:45 AM Nicki				
Strength & Sculpt 8:00 - 8:45 AM Susan	Cycling 8:00 – 8:45 AM Susan	Strength & Sculpt 8:00 - 8:45 AM Susan	Cycling 8:00 – 8:45 AM Susan	Cycling 8:00 - 8:45 AM Kelly	Cycling 8:00 – 8:45 AM Kelly	Cycling 8:00 - 8:45 AM Doug
Cycling 8:00 - 8:45 AM Kelly	Bodyweight Bootcamp 8:00 - 9:00 AM Nicki *bring a mat*		Yogalates 8:00 - 9:00 AM Nicki **bring a mat*	Zumba 8:00 – 9:00 AM Liz	Zumba 8:00 – 9:00 AM Jess	
Adult Active Aerobics 9:15 – 10:00 AM Donna *bring a mat*	Back in Balance 9:15 – 10:00 AM Kelly	Fitness Infusion 9:15 -10:15 AM Kelly *bring a mat*				Super Sculpt 9:00 - 10:00 AM Janet
		Adult Active Strength 9:15 - 10:00 AM Donna *bring a mat*				
Mat Pilates 10:30 - 11:15 AM Mary			Mat Pilates 10:30 - 11:15 AM Mary			
Cycling 5:30 - 6:15 PM Cari	Zumba 5:30 – 6:30 PM Liz	Mat Pilates 5:30 – 6:15 PM Mary	Bootcamp 5:30 – 6:15 PM Sean *bring a mat*			

### Class Locations:

Green = Zoom

Blue = Onsite Outside

Purple = Onsite (auditorium)  
& Livestreaming

Daytime outdoor classes will meet or be held on the tennis courts. Zoom classes will be from the comfort of your own home. Cycling classes and night classes are located in the employee parking lot located on Dickinson Street.

**Please note:** Schedule is subject to change based on class attendance. Please wear your mask until you arrive at your exercise spot, and please be mindful that space is limited. If you cannot make your reserved spot, please be courteous and cancel.

**Questions, comments, concerns?** Please contact Kelly Perla at [kperla@springfieldjcc.org](mailto:kperla@springfieldjcc.org)

**Adult Active Strength / Aerobics:** 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.

**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

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

**Cardio Sculpt / Super Sculpt:** \*Zoom\* from the comfort of your home with exercises that interweave variable-intensity cardio with total body strengthening. Body sculpting exercises that are great for all levels.

**Cycling:** \*Check out our NEW time 7:00AM\* 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!

**Fitness Infusion:** \*Now for 1 Hour!\* This is a multidimensional training class that integrates core strength, balance, and coordination training in a fun-filled and challenging workout.

**Mat Pilates:** \*Check out our NEW time 5:30PM\* \*Zoom\* 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.

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

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

**ZUMBA®:** 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!

#### **\*COVID GUIDELINES\***

- Please visit the JCC's website ([springfieldjcc.org](http://springfieldjcc.org)) to sign up for your class of choice via SignUpGenius
- A COVID waiver form must be completed and given to the instructor before each class. Waivers can be printed out via JCC's website or found in the center.
- A face mask is required when entering and exiting exercise area. Masks may be removed once you have arrived at your exercise area/bike.
- Masks during class are optional.
- Outdoor classes are weather permitting. If it is raining, class for that day/time(s) are cancelled.
- Please bring your own water.
- Please bring your own mat.
- Hand sanitizing stations will be provided.
- With limited participation allowed, If you find that you are unable to attend, please be courteous and let us know so that someone can be taken off a wait list.