

Winter Group Exercise Schedule

Feb 7th – 28th

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			
Strength & Sculpt 8:00 - 8:45 AM Susan *bring a mat*	Cycling 8:00 – 8:45 AM Susan	Strength & Sculpt 8:00 - 8:45 AM Susan *bring a mat*	Cycling 8:00 – 8:45 AM Susan	Cycling 8:00 - 8:45 AM Nicki	Cycling 8:00 – 8:45 AM Cari	Cycling 8:00 - 8:45 AM Doug
	Yogalates 8:00 - 9:00 AM Nicki		Yogalates 8:00 - 9:00 AM Nicki	Zumba 8:00 – 9:00 AM Liz	Zumba 8:00 – 9:00 AM Jess	
Adult Active Aerobics 9:15 – 10:00 AM Pat *bring a mat*	Back in Balance 9:15 – 10:00 AM Nicki	Active Line Dancing 9:15 - 10:00 AM Mikki				Super Sculpt 9:00 - 10:00 AM Janet
		Body Weight Strength Workout 9:15 - 10:15 AM Nicki				
Mat Pilates 10:30 - 11:15 AM Mary			Mat Pilates 10:30 - 11:15 AM Mary	<p>Class Locations: Green = Zoom Blue = Onsite Purple = Onsite in the auditorium & Zoom</p> <p>Daytime adult classes in blue will meet in the auditorium. Zoom classes will be from the comfort of your own home. Cycling classes are located in the employee parking lot on Dickinson Street.</p> <p>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.</p> <p>Questions, comments, concerns? Please contact Susan Whirty at swhirty@springfieldjcc.org</p>		
	Zumba 5:30 – 6:30 PM Liz	Mat Pilates 5:30 – 6:15 PM Mary				

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.

Active Line Dancing: Come exercise the fun way with line dancing. You do not need a partner or be a dancer to do line dancing. The steps are easy, fun and can be done to all types of music. Line dancing is low impact exercise that gets your heart pumping and muscles moving. Please wear comfortable clothes and shoes. Come on and let's move.

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.

Body Weight Strength Workout: This class offers strength and endurance using your own body weight with high and low intensity intervals.

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: 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!

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

ZUMBA®: *Zoom* 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) 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 at all times while in the building and while exercising.
- 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.