

Group Exercise Schedule

Starting April 19, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Cycling 6:00 – 6:45AM Doug	Cardio Sculpt 6:00 - 7:00AM Janet		Cardio Sculpt 6:00 - 7:00AM Janet			
			Outdoor Cycling 6:00 – 6:45AM Doug	Outdoor Cycling 8:00 - 8:45AM Nicki		
Strength & Sculpt 8:00 - 8:55AM Susan *bring a mat*	Outdoor Cycling 8:00 – 8:45AM Susan	Strength & Sculpt 8:00 - 8:55AM Susan *bring a mat*	Outdoor Cycling 8:00 – 8:45AM Susan	Zumba 8:00 – 9:00AM Liz	Outdoor Cycling 8:00 – 8:45AM Cari	Outdoor Cycling 8:00 - 8:45AM Doug
	Yogalates 8:00 - 8:45AM Nicki		Yogalates 8:00- - 8:45AM Nicki	Outdoor Bootcamp 9:00-10:00AM Susan *bring a mat*	Outdoor Zumba Toning 8:00 – 9:00AM Jess	
Adult Active Aerobics 9:00 – 9:45AM Donna *bring a mat*	Back in Balance 9:00 - 9:45AM Nicki	Adult Active Aerobics 9:00 - 9:45AM Donna *bring a mat*		Line Dancing 9:30 - 10:15AM Mikki		Super Sculpt 9:00 - 10:00 AM Janet
Mat Pilates 10:00 – 10:45AM Mary		Mat Pilates 10:00 – 10:45 AM Mary		Mat Pilates 10:00 – 10:45 AM Mary		
				<p>Class Locations: Green = Zoom Blue = Onsite (outdoors; cycling in staff parking lot, all others on tennis courts) Purple = Onsite (auditorium) & Zoom</p> <p>Please note: Schedule is subject to change based on class attendance. 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>		
Outdoor Cycling 6:00 – 6:45PM Nicki	Outdoor Zumba 6:00 – 7:00PM Liz	Outdoor Cycling 6:00 – 7:00PM Cari				