

Group Exercise Schedule

Starting July 18, 2021

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 – 8:55 AM Susan *bring a mat*	Cycling 8:00 – 8:50 AM Susan	Strength & Sculpt 8:00 – 8:55 AM Susan *bring a mat*	Cycling 8:00 – 8:50 AM Susan	Cycling 8:00 – 8:50 AM Nicki	Cycling 8:00 – 9:00 AM Cari	Cycling 8:00 – 9:00 AM Doug
	Yogalates 8:00 – 9:00 AM Nicki *bring a mat*			Zumba 8:00 – 9:00 AM Liz	Zumba Toning 8:00 – 9:00 AM Jess	
	Aqua Aerobics 8:30 – 9:20 AM Donna	Aqua Aerobics 8:30 – 9:20 AM Donna (starting 8/4)	Aqua Aerobics 8:30 – 9:20 AM Donna			
	Bootcamp 9:00 – 9:45 AM Nicki *bring a mat*	Adult Active Aerobics 9:00 – 9:45 AM Donna *bring a mat*		Yogalates 9:00 – 10:00 AM Nicki *bring a mat*		Super Sculpt 9:00 – 10:00 AM Janet
				<p>Class Locations: Green = Zoom Blue = outdoors; cycling in staff parking lot, all others on tennis courts) Red = in the pool</p> <p>Please note: Schedule is subject to change based on class attendance. Please no cell phone use during class.</p> <p>Questions, comments, concerns? Please contact Susan Whirty at swhirty@springfieldjcc.org</p>		
Cycling 6:00-7:00 PM Nicki	Zumba 6:00 – 7:00 PM Liz	Cycling 6:00 – 7:00 PM Cari				