

Fall 1 Group Exercise Schedule

Sept 12 – Oct 23

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 – 8:45 AM Susan	Strength & Sculpt 8:00 - 8:55 AM Susan *bring a mat*	Cycling 8:00 – 8:45 AM Susan	Yogalate 8:00 - 8:45 AM Nicki	Cycling 8:00 – 8:45 AM Cari	Cycling 8:00 - 8:45 AM Doug
Cycle & Core 9:00 – 10:00 AM Nicki *bring a mat*	Yogalates 9:00 – 9:45 AM Nicki Link #1		BootCamp 9:00 – 9:45 AM Susan	Cycling 9:00 – 9:45 AM Nicki	Zumba 8:00 – 9:00 AM Jess	
	Aqua Aerobics 9:00 – 10:00 AM Donna	Aqua Aerobics 9:00 - 10:00 AM Donna	Aqua Aerobics 9:00– 10:00 AM Donna	Zumba 9:00-10:00 AM Liz		Super Sculpt 9:00 - 10:00 AM Janet Link #3
Line Dancing 9:30 – 10:15 AM Mikki						
				<p>Class Locations: Green = Zoom (see links below) Blue = Pool Orange = Outdoor Onsite</p> <p>Please note: Schedule is subject to change based on class attendance.</p> <p>Link #1 Meeting ID: 817 1575 7489 Passcode: 689167 Link #2 Meeting ID: 863 2814 8899 Passcode: 030395 Link #3 Meeting ID: 795 422 0555 Passcode: 12345</p> <p>Questions, comments, concerns? Please contact Susan Whirty at swhirts@springfieldjcc.org</p>		
Aqua Aerobics 5:30 – 6:30 PM Val		Aqua Aerobics 5:30 – 6:30 PM Val				
Cycling 6:00 – 6:45 PM Nicki	Strength & Sculpt 6:00-6:45 PM Nicki Link #2	Cycling 6:00 – 6:45 PM Cari	Zumba 6:00 -7 :00PM Liz			