

Fall Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 6:00 – 6:45 AM Doug	Cardio Sculpt 6:00 - 7:00 AM Janet Link #3		Cardio Sculpt 6:00 - 7:00 AM Janet Link #3			
			Cycling 6:00 – 6:45 AM Doug			
Strength & Sculpt 8:00 - 8:55 AM Lydia *bring a mat*	Cycling 8:00 – 8:45 AM Nicki	Strength & Sculpt 8:00 - 8:55 AM Nicki *bring a mat*	Cycling 8:00 – 8:45 AM Lydia	Yogalates 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			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
Aqua Aerobics 5:30 – 6:30 PM Val		Aqua Aerobics 5:30 – 6:30 PM Val				
Cycling 6:00 – 6:45 PM Nicki		Cycling 6:00 – 6:45 PM Cari	Zumba 6:00 - 7 :00 PM Liz			

Class Locations:
Green = Zoom (see link below)
Blue = Pool
Orange = Outdoor Onsite

Please note: Schedule is subject to change based on class attendance.

Link #3 Meeting ID: 795 422 0555 Passcode: 12345
Link #4 Meeting ID: 838 6660 4953 Passcode: 698701

Questions, comments, concerns? Please contact Doug Allen at dougallen@springfieldjcc.org