

# 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 Nicki *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
	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 Lisa	Aqua Aerobics 9:00 – 10:00 AM Niel	Aqua Aerobics 9:00– 10:00 AM Lisa			Super Sculpt 9:00 - 10:00 AM Janet Link #3
				<p><b>Class Locations:</b>  Green = Zoom (see link below)  Blue = Pool  Aqua = Dance Studio  Orange = Outdoor Onsite</p> <p><b>Please note:</b> Schedule is subject to change based on class attendance.</p> <p><b>Link #3</b> Meeting ID: 795 422 0555 Passcode: 12345  <b>Link #4</b> Meeting ID: 838 6660 4953 Passcode: 698701</p> <p><b>Questions, comments, concerns?</b> Please contact Doug Allen at <a href="mailto:dougallen@springfieldjcc.org">dougallen@springfieldjcc.org</a></p>		
Aqua Aerobics 5:30 – 6:30 PM Niel		Aqua Aerobics 5:30 – 6:30 PM Niel				
Cycling 6:00 – 6:45 PM Nicki		Cycling 6:00 – 6:45 PM Cari	Zumba 6:00 - 7 :00 PM Liz			