

Group Exercise Schedule | August 1 - August 7

DAY	MORNING	EVENING	EVENING	EVENING	EVENING	
MONDAY	Cycling 6:00 - 6:45 AM Doug In-Person Outdoors	Aqua Aerobics 8:20 - 9:00 AM Niel In-Person Pool	VXN New! 5:30 - 6:30 PM Hannah In-Person Dance Studio	Cycling 6:00 - 6:45 PM Cari In-Person Outdoors	Restorative Yoga New! 6:00 - 7:00 PM Cam In-Person Mezzanine	
TUESDAY	Cardio Sculpt 6:00 - 7:00 AM Janet Zoom	Cycling 8:00 - 8:45 AM Cari In-Person Outdoors	Aqua Aerobics 8:20 - 9:00 AM Donna In-Person Pool	Cycling class location subject to change		
WEDNESDAY	Aqua Aerobics 8:20 - 9:00 AM Patti In-Person Pool	Aqua Aerobics 5:30 - 6:30 PM Niel In-Person Pool	Cycling 6:00 - 6:45 PM Cari In-Person Outdoors	*Papaya Pilates* 6:00-6:50 PM Carissa In-Person Dance Studio		
THURSDAY	Cardio Sculpt 6:00 - 7:00 AM Janet Zoom	Cycling 6:00 - 6:45 AM Doug In-Person Outdoors	Cycling 8:00 - 8:45 AM Cam In-Person Outdoors	Aqua Aerobics 8:20 - 9:00 AM Donna In-Person Pool	Zumba 6:00 - 7:00 PM Liz In-Person Outdoors Tennis Courts	Cycling 6:00 - 6:45 PM Cari In-Person Outdoors
FRIDAY	Aqua Aerobics 8:20 - 9:00 AM Lisa In-Person Pool	Cycling 9:00 - 9:45 AM Cari In-Person Outdoors				
SATURDAY	Cycling 8:00 - 8:45 AM* Cari In-Person Outdoors	Zumba 8:00 - 9:00 AM Jess In-Person Outdoors Tennis Courts	Vin/Yin Yoga New! 9:00 - 10:00 AM Cam In-Person Mezzanine	As always, the Springfield JCC's Group Exercise classes are free for JCC members! Please Note: In the case of inclement weather, Zumba classes will move indoors to the Dance Studio. *On the first Saturday of the month only, Cari's Saturday Cycling class is from 8:00 - 9:30 AM.		
SUNDAY	Cycling 8:00 - 8:45 AM Doug In-Person Outdoors	Super Sculpt 8:30 - 9:30 AM Janet Zoom	Cycling New! 1:00 - 2:00 PM Cam In-Person Outdoors			

Zoom Information: Janet's classes - Meeting ID: 795 422 0555 | Passcode: 12345

Schedule is subject to change based on class attendance.