

Group Exercise Schedule | August 8 - August 14

Day	Time	Class	Instructor	Location
MONDAY	MORNING	Cycling	Doug	In-Person Outdoors
	MORNING	Strength & Sculpt	Nicki	In-Person Dance Studio
TUESDAY	MORNING	Cardio Sculpt	Janet	Zoom
	MORNING	Cycling	Nicki	In-Person Outdoors
WEDNESDAY	MORNING	Strength & Sculpt	Nicki	In-Person Dance Studio
	MORNING	Aqua Aerobics	Patti	In-Person Pool
THURSDAY	MORNING	Cardio Sculpt	Janet	Zoom
	MORNING	Cycling	Doug	In-Person Outdoors
FRIDAY	MORNING	Yogalates	Nicki	In-Person Dance Studio
	MORNING	Aqua Aerobics	Lisa	In-Person Pool
SATURDAY	MORNING	Cycling	Cari	In-Person Outdoors
	MORNING	Zumba	Jess	In-Person Outdoors Tennis Courts
SUNDAY	MORNING	Cycling	Doug	In-Person Outdoors
	MORNING	Super Sculpt	Janet	Zoom

Day	Time	Class	Instructor	Location
MONDAY	EVENING	Kickboxing	Nicki	In-Person Dance Studio
	EVENING	VXN <small>New!</small>	Hannah	In-Person Dance Studio
TUESDAY	EVENING	Yogalates	Nicki	In-Person Dance Studio
	Cycling class location subject to change			
WEDNESDAY	EVENING	Aqua Aerobics	Niel	In-Person Pool
	EVENING	Cycling	Cari	In-Person Outdoors
THURSDAY	EVENING	Circuit Challenge	Nicki	In-Person Racquetball Court
	EVENING	Zumba	Liz	In-Person Outdoors Tennis Courts
FRIDAY	EVENING	Cycling	Nicki	In-Person Outdoors
	EVENING	*Papaya Pilates*	Carissa	In-Person Dance Studio
SATURDAY	EVENING	Vin/Yin Yoga <small>New!</small>	Cam	In-Person Mezzanine
	EVENING	Cycling <small>New!</small>	Cam	In-Person Outdoors



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.

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

Schedule is subject to change based on class attendance.