



# Online Group Exercise Schedule | January 9 - 29, 2023

For more information, contact Cassidy Audet, Wellness & Recreation Director, at CAudet@SpringfieldJCC.org.

## Monday, Jan. 9

### Strength & Sculpt

8:00 - 8:55 AM

Nicki

### Yogalates

9:00 - 9:45 AM

Nicki

### Better Balance

10:30 - 11:15 AM

Nancy

### Restorative Yoga

6:00 - 7:00 PM

Cam

## Wednesday, Jan. 11

### Strength & Sculpt

8:00 - 8:55 AM

Nicki

### Yogalates

9:00 - 9:45 AM

Nicki

### Papaya Pilates

6:00 - 6:50 PM

Carissa

## Friday, Jan. 13

### Better Balance

10:30 - 11:15 AM

Nancy

## Saturday, Jan. 14

### Vin/Yin Yoga

9:00 - 10:00 AM

Cam

### Circuit Challenge

10:00 - 10:45 AM

Nancy

### Peaceful Minds

11:00 AM - 12:00 PM

Cam

## Monday, Jan. 16

### Strength & Sculpt

8:00 - 8:55 AM

Nicki

### Yogalates

9:00 - 9:45 AM

Nicki

### Better Balance

10:30 - 11:15 AM

Nancy

### Restorative Yoga

6:00 - 7:00 PM

Cam

## Wednesday, Jan. 18

### Strength & Sculpt

8:00 - 8:55 AM

Nicki

### Yogalates

9:00 - 9:45 AM

Nicki

### Papaya Pilates

6:00 - 6:50 PM

Carissa

## Friday, Jan. 20

### Better Balance

10:30 - 11:15 AM

Nancy

## Saturday, Jan. 21

### Vin/Yin Yoga

9:00 - 10:00 AM

Cam

### Circuit Challenge

10:00 - 10:45 AM

Nancy

### Peaceful Minds

11:00 AM - 12:00 PM

Cam

The classes that appear on this schedule will all be taking place online via Zoom.

### Zoom Information:

**Strength & Sculpt | Mondays and Wednesdays, 8:00 - 8:55 AM**

Meeting ID: 881 8702 0549 | Passcode: 170270

**Yogalates | Mondays and Wednesdays, 9:00 - 9:45 AM**

Meeting ID: 881 8702 0549 | Passcode: 170270

**Better Balance | Mondays and Fridays, 10:30 - 11:15 AM**

Meeting ID: 825 3247 5937 | Passcode: 996331

**Restorative Yoga | Mondays, 6:00 - 7:00 PM**

Meeting ID: 862 9283 1464 | Passcode: 014456

**Papaya Pilates | Wednesdays, 6:00 - 6:50 PM**

Meeting ID: 884 2909 4401 | Passcode: 686249

**Vin/Yin Yoga | Saturdays, 9:00 - 10:00 AM**

Meeting ID: 834 0698 0973 | Passcode: 839091

**Circuit Challenge | Saturdays, 10:00 - 10:45 AM**

Meeting ID: 829 7977 0268 | Passcode: 720000

**Peaceful Minds | Saturdays, 11:00 AM - 12:00 PM**

Meeting ID: 825 3247 5937 | Passcode: 996331

**At this time, we do not have online Group Exercise classes scheduled on Tuesdays, Thursdays, or Sundays.**

## Monday, Jan. 23

### Strength & Sculpt

8:00 - 8:55 AM

Nicki

### Yogalates

9:00 - 9:45 AM

Nicki

### Better Balance

10:30 - 11:15 AM

Nancy

### Restorative Yoga

6:00 - 7:00 PM

Cam

## Wednesday, Jan. 25

### Strength & Sculpt

8:00 - 8:55 AM

Nicki

### Yogalates

9:00 - 9:45 AM

Nicki

### Papaya Pilates

6:00 - 6:50 PM

Carissa

## Friday, Jan. 27

### Better Balance

10:30 - 11:15 AM

Nancy

## Saturday, Jan. 28

### Vin/Yin Yoga

9:00 - 10:00 AM

Cam

### Circuit Challenge

10:00 - 10:45 AM

Nancy

### Peaceful Minds

11:00 AM - 12:00 PM

Cam