



Online Group Exercise Schedule | January 30 - February 18, 2023

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

Monday, Jan. 30

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

Monday, Feb. 6

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

Monday, Feb. 13

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, Feb. 1

Strength & Sculpt

8:00 - 8:55 AM
Nicki

Yogalates

9:00 - 9:45 AM
Nicki

Papaya Pilates

6:00 - 6:50 PM
Carissa

Wednesday, Feb. 8

Strength & Sculpt

8:00 - 8:55 AM
Nicki

Yogalates

9:00 - 9:45 AM
Nicki

Papaya Pilates

6:00 - 6:50 PM
Carissa

Wednesday, Feb. 15

Strength & Sculpt

8:00 - 8:55 AM
Nicki

Yogalates

9:00 - 9:45 AM
Nicki

Papaya Pilates

6:00 - 6:50 PM
Carissa

Friday, Feb. 3

Better Balance

10:30 - 11:15 AM
Nancy

Friday, Feb. 10

Better Balance

10:30 - 11:15 AM
Nancy

Friday, Feb. 17

Better Balance

10:30 - 11:15 AM
Nancy

Saturday, Feb. 4

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

Saturday, Feb. 11

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

Saturday, Feb. 18

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.