

Group Exercise Schedule | May 22 - May 28, 2023

MONDAY

Cycling
6:00 - 6:45 AM
Doug
Outdoors

Strength & Sculpt
8:00 - 8:55 AM
Nicki
Auditorium

Yogalates
9:00 - 9:55 AM
Nicki
Auditorium

Better Balance
10:00 - 10:45 AM
Nancy
Auditorium

Active Adult
11:00 - 11:45 AM
Nancy
Auditorium

Cycling
6:00 - 6:45 PM
Nicki
Outdoors

Gentle Yoga
6:00 - 7:00 PM
Cam
Auditorium

TUESDAY

Cycling
8:00 - 8:45 AM
Nicki
Outdoors

**High/Low Circuit
Challenge**
9:05 - 9:55 AM
Nicki
Auditorium

WEDNESDAY

Strength & Sculpt
8:00 - 8:55 AM
Nicki
Auditorium

Yogalates
9:00 - 9:55 AM
Nicki
Auditorium

Cycling
6:00 - 6:45 PM
TBD
Outdoors

Papaya Pilates
6:00 - 6:50 PM
Carissa
Auditorium

THURSDAY

Cycling
6:00 - 6:45 AM
Doug
Outdoors

Cycling
8:00 - 8:55 AM
Nicki
Outdoors

Kickboxing
9:05 - 9:55 AM
Nicki
Auditorium

***JCC CLOSING AT
4:00 PM IN
OBSERVANCE OF
SHAVUOT***

FRIDAY

***JCC CLOSED IN
OBSERVANCE OF
SHAVUOT***

SATURDAY

Cycling
8:00 - 8:45 AM
Cam
Outdoors

Vin/Yin Yoga
9:00 - 10:00 AM
Cam
Auditorium

Peaceful Minds
11:00 AM - 12:00 PM
Cam
Auditorium

SUNDAY

Cycling
8:00 - 8:45 AM
Doug
Outdoors

The Springfield JCC's Group Exercise classes are free for JCC members!

Cycling classes subject to cancellation due to weather.

Schedule is subject to change based on class attendance.

As a reminder, the JCC will be open for Personal Training and Group Exercise from 8:00 AM - 12:00 PM on Monday, May 29 in observance of Memorial Day.