

Group Exercise Schedule | May 29 - June 4, 2023

MONDAY

The JCC will be open for Health and Wellness programming from 8:00 AM to 12:00 PM in observance of Memorial Day

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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

Gentle Yoga
11:00 AM - 12:00 PM
Cam
Game Room

TUESDAY

Cycling
8:00 - 8:45 AM
Nicki
Outdoors

High/Low Circuit Challenge
9:00 - 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
9:00 - 9:55 AM
Nicki
Auditorium

FRIDAY

Cycling
8:00 - 8:45 AM
Nicki
Outdoors

Body Bar
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

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.