**Group Fitness Schedule**

**July-August 2016**

### STUDIO A (Group Fitness Studio)

**SUNDAY**
- Spinning®
  7:45-8:45am
  Joe *

**MONDAY**
- Spinning®
  5:45-6:45am
  Jo *
  Body Sculpt
  8:30-9:30am
  Luciana * R
- Step
  8:00-8:55am
  Rachel *
- Cardio Sculpt
  9:00-10:00am
  Debbie H *

**TUESDAY**
- Spinning®
  9:45-10:45am
  Katie *
- Light & Easy
  11:00am-12:00pm
  Debbie H *
- Spin Xpress
  12:15-12:45pm
  Joe *
- On the Ball
  4:15-5:15pm
  Marcia *
- Zumba®
  5:30-6:30pm
  Amy *
- Spinning®
  6:40-7:40pm
  Michelle/ Jennifer

**WEDNESDAY**
- Spinning®
  5:45am-6:45am
  Joe *
- BODY PUMP™
  6:00-7:00am
  Luciana * R
- Body Sculpt
  8:30-9:30am
  Luciana * R
- Cardio Kick XP
  8:15-8:45am
  Luciana *
- BODY PUMP™
  9:00-10:00am
  Luciana * R
- Zumba Basics®
  10:15-11:15am
  Dora *
- Spin Xpress
  12:15-12:45pm
  Joe *
- Zumba®
  11:30am-12:30pm
  Joe *
- Spinning®
  12:45-1:15pm
  Marcia *
- Zumba®
  5:30-6:30pm
  Joe *

**THURSDAY**
- Sufferfest
  5:45-6:45am
  Joe *
- BODY PUMP™
  6:00-7:00am
  Luciana * R
- Cardio Kick
  8:15-8:45am
  Luciana *
- BODY PUMP™
  8:30-9:30am
  Luciana * R
- Tabata Bootcamp
  9:45-10:45am
  Julie L *
- Light & Easy
  11:00am-12:00pm
  Debbie H *
- Spin Xpress
  12:15-12:45pm
  Joe *
- Zumba®
  10:15-11:15am
  Carla *
- Spin Xpress
  12:15-12:45pm
  Marcia *
- Zumba®
  5:30-6:30pm
  Rosie *

**SATURDAY**
- Spinning®
  9:45-10:45am
  Rachel *

### POOL (Water Fitness)

**SUNDAY**
- Masters Swim
  6:00-7:00am
- Aqua Fit
  11:00-11:55am
  Marylin *
- Aqua Fit
  11:00-11:55am
  Debbie H *
- Aqua Fit
  6:30-7:25pm
  Julie W *

**MONDAY**
- Masters Swim
  6:00-7:00am
- Aqua Fit
  9:00-9:55am
  Marlene *

**TUESDAY**
- Masters Swim
  6:00-7:00am
- Aqua Fit
  9:00-9:55am
  Marlene *
- Aqua Fit
  6:30-7:25pm
  Julie W *

**WEDNESDAY**
- Masters Swim
  6:00-7:00am
- Aqua Fit
  9:00-9:55am
  Marlene *
- Aqua Tabata
  6:15-7:10pm
  Amy *

**FRIDAY**
- Masters Swim
  6:00-7:00am
- Aqua Fit
  9:00-9:55am
  Marlene *
- Aqua Tabata
  6:15-7:10pm
  Debbie H *

**SATURDAY**
- Aqua Bootcamp
  9:00-9:55am
  Deb H *

### STUDIO B (Mind-Body Studio)

**SUNDAY**
- Pilates Mat
  8:00-9:00am
  Juliet *
- Yoga Fusion
  9:00-10:15am
  Trevor *
- Cardio Barre
  10:30-11:30am
  Alissa *
- Power Pilates
  5:30-6:30pm
  Charise *
- Vinyasa Flow
  6:45-7:45pm
  Sara N *

**MONDAY**
- Pilates Mat
  8:00-9:00am
  Julie *
- Yoga Fundamentals
  9:15-10:30am
  Sara F *
- Mobility, Core & Balance
  10:45-11:45am
  Rich *
- Pilates & Posture
  12:00-1:00pm
  Sandy *
- Gentle Yoga
  4:30-5:45pm
  Lirio *
- Yoga Sculpt
  6:00-7:00pm
  Helga *

**TUESDAY**
- Pilates Mat
  8:00-9:00am
  Karina *
- Flow & Hold Yoga
  9:45-11:00am
  Courtney *
- Pilates Mat
  12:00-1:00pm
  Elaine *
- Gentle Yoga
  4:30-5:45pm
  Lirio *
- Hatha Yoga
  6:00-7:15pm
  Julie W *

**WEDNESDAY**
- Mobility, Core & Balance
  7:15-8:15am
  Rich *
- Long Strong Method
  8:30-9:30am
  Sandy *
- Mobility, Core & Balance
  10:45-11:45am
  Rich *
- Pilates & Posture
  12:00-1:00pm
  Sandy *
- Gentle Yoga
  4:30-5:45pm
  Lirio *
- Hatha Yoga
  6:00-7:15pm
  Lirio *
- TRX Boot Camp
  7:00-7:55am
  Don

**THURSDAY**
- TRX Boot Camp
  7:00-7:55am
  Don
- Small Group Boot Camp
  6:00-6:55pm
  Tim
- TRX Boot Camp
  7:00-7:55am
  Don

**FRIDAY**
- Outdoor Boot Camp
  8:00-9:00am
  Don
- Small Group Boot Camp
  10:00-10:55am
  Tim

### Water Fitness Class Etiquette
- Only equipment recommended by the instructor is allowed during the water fitness class.
- Please shower before entering the pool.

*Fitness B is located on the 1st floor of the JCC, near the locker rooms.*