

GROUP EXERCISE SCHEDULE

May 2024



MONDAY		TUESDAY		WEDNESDAY	
MORNING	AFTERNOON	MORNING	AFTERNOON	MORNING	AFTERNOON
<p>7 AM POWER YOGALATES WITH DEBBIE R. <i>GROUP EXERCISE</i></p> <p>8 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>8 AM FOUNDATIONAL FLOW WITH RACHAEL C. <i>MIND/BODY</i></p> <p>9 AM HIGH FITNESS WITH EMILY R. <i>GROUP EXERCISE</i></p> <p>9 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>10 AM YOGA ALIGN LULU G. <i>MIND/BODY</i></p> <p>10 AM BARRE METHOD LINDSEY D. <i>GROUP EXERCISE</i></p> <p>11 AM LOW IMPACT ZUMBA WITH DIANA S. <i>GROUP EXERCISE</i></p> <p>11 AM FUNCTIONAL MOVEMENT WITH JOSEPH D. <i>MIND/BODY</i></p>	<p>12 PM JEWISH MEDITATION** WITH AMY C. <i>BEGINS MAY 13</i></p> <p>12 PM FOREVER FIT WITH DIANA S. <i>GROUP EXERCISE</i></p> <p>4:30 PM POSTURE & MOBILITY WITH SHAWN F. <i>MIND/BODY</i></p> <p>5:30 PM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i></p> <p>6 PM JOGGING CLUB WITH SAMANTHA M. <i>JCC PARKING LOT</i></p> <p>6 PM YIN YOGA WITH DOMINIQUE S. <i>MIND/BODY</i></p> <p>6:30 PM SPIN LULU G. <i>SPIN STUDIO</i></p> <p>6:30 PM KRAV MAGA ANNETTE P. <i>JCC STUDIO</i></p> <p>7 PM SOUND & SLOW FLOW WITH BRIANA P. <i>MIND/BODY</i></p>	<p>6:10 AM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i></p> <p>7 AM FOUNDATIONAL FLOW WITH BRIANA P. <i>MIND/BODY</i></p> <p>8 AM ZUMBA WITH LOS PAPIS <i>GROUP EXERCISE</i></p> <p>8-8:45 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>9 AM BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i></p> <p>9 AM POWER VINYASA WITH TRACY L. <i>MIND/BODY</i></p> <p>10 AM MAT PILATES WITH LEE V. <i>MIND/BODY</i></p> <p>10 AM STRENGTH EXPLOSION WITH DAVID G. <i>GROUP EXERCISE</i></p> <p>11 AM BODY ENGINEERING WITH LEE V. <i>GROUP EXERCISE</i></p> <p>11 AM LOW IMPACT AEROBICS WITH ANGIE H. <i>MIND/BODY</i></p>	<p>12 PM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i></p> <p>12 PM STRENGTH FUSION WITH MELISA C. <i>GROUP EXERCISE</i></p> <p>5 PM WARRIOR BOOTCAMP WITH MELISA C. <i>GROUP EXERCISE</i></p> <p>5:30 PM ROLL & RELEASE WITH SHAWN F. <i>MIND/BODY</i></p> <p>6 PM WERQ WITH SUE K. <i>GROUP EXERCISE</i></p> <p>7 PM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i></p> <p>7 PM AQUA AEROBICS WITH TINA M. <i>POOL</i></p>	<p>7 AM MAT PILATES WITH EMMI C. <i>MIND/BODY</i></p> <p>7 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>8 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>9 AM POSTURE & MOBILITY WITH SHAWN F. <i>MIND/BODY</i></p> <p>9 AM BEAT JENNIFER W. <i>GROUP EXERCISE</i></p> <p>10 AM BARRE METHOD WITH LINDSEY D. <i>GROUP EXERCISE</i></p> <p>11 AM CLASSICAL HATHA YOGA WITH KATHY J. <i>MIND/BODY</i></p> <p>11 AM STEP AEROBICS WITH EILEEN S. <i>GROUP EXERCISE</i></p> <p>11:30 AM-12:15 PM ZUMBA GOLD WITH BECKY S. <i>BARBARA TOCKER EDUCATION CENTER</i></p>	<p>12 PM SLOW FLOW WITH REVITAL H. <i>MIND/BODY</i></p> <p>12 PM LOW IMPACT AEROBICS WITH JACKIE A. <i>GROUP EXERCISE</i></p> <p>12 PM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>1 PM RESTORATIVE YOGA WITH REVITAL H. <i>MIND/BODY</i></p> <p>4:30 PM VINYASA YOGA WITH VICKIE K. <i>MIND/BODY</i></p> <p>5:30 PM WARRIOR BOOTCAMP WITH MELISA C. <i>GROUP EXERCISE</i></p> <p>6 PM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>6 PM YIN YOGA WITH DOMINIQUE S. <i>MIND/BODY</i></p> <p>6:30 PM HIGH FITNESS WITH SARAH B. <i>GROUP EXERCISE</i></p> <p>7 PM VINYASA YOGA WITH MEG L. <i>MIND/BODY</i></p>

Scan here to make a reservation.

GROUP EXERCISE SCHEDULE

May 2024



THURSDAY		FRIDAY		SATURDAY					
MORNING	AFTERNOON	MORNING	AFTERNOON						
<p>6:10 AM WARRIOR BOOTCAMP WITH JENNY O. <i>GROUP EXERCISE</i></p> <p>8 AM BOUNCE & BURN WITH LOS PAPIS <i>GROUP EXERCISE</i></p> <p>8 AM AQUA AEROBICS WITH ANGIE H. <i>POOL</i></p> <p>8 AM JOGGING CLUB WITH SAMANTHA M. <i>JCC PARKING LOT</i></p> <p>9 AM BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i></p> <p>10 AM SCULPT & BURN WITH CORTNEY Z. <i>GROUP EXERCISE</i></p> <p>10 AM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i></p> <p>10 AM BIKE & BANDS WITH MIKE L. <i>SPIN STUDIO</i> <i>BEGINS MAY 9</i></p> <p>11 AM FUNCTIONAL MOVEMENT WITH JOSEPH D. <i>MIND/BODY</i></p> <p>11 AM LOW IMPACT ZUMBA WITH DIANA S. <i>GROUP EXERCISE</i></p>	<p>12 PM CARDIO STRENGTH WITH BRIE M. <i>GROUP EXERCISE</i></p> <p>12 PM FOUNDATIONAL FLOW WITH RACHAEL C. <i>MIND/BODY</i></p> <p>5 PM MAT PILATES WITH LAUREN S. <i>MIND/BODY</i></p> <p>6 PM BARRE WITH CHELSEA H. <i>GROUP EXERCISE</i></p> <p>7 PM SOUND & SLOW FLOW WITH BRIANA P. <i>MIND/BODY</i></p>	<p>7 AM POWER YOGALATES WITH DEBBIE R. <i>GROUP EXERCISE</i></p> <p>8 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>8 AM CARDIO STRENGTH WITH JENNIFER W. <i>GROUP EXERCISE</i></p> <p>9 AM CARDIO DANCE WITH APRIL K. <i>GROUP EXERCISE</i></p> <p>9 AM VINYASA YOGA WITH VICKIE K. <i>MIND/BODY</i></p> <p>10 AM YOGA ALIGN WITH LULU G. <i>MIND/BODY</i></p> <p>10 AM HIGHbrid WITH ALLISON T. <i>GROUP EXERCISE</i></p> <p>10:10 AM ZUMBA WITH LOS PAPIS <i>GYMNASIUM</i></p>	<p>12 PM LOW IMPACT AEROBICS WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>12-12:30 PM LUNCHTIME CRUNCH WITH MOLLY M. <i>MIND/BODY</i></p> <p>1 PM POWER VINYASA WITH ROBYN S. <i>MIND/BODY</i></p>	<p>8:10-8:50 AM WARRIOR BOOTCAMP WITH MIKE L. <i>GROUP EXERCISE</i></p> <p>8:30 AM SPINNING ENERGY ZONES WITH BRYAN L. <i>SPIN STUDIO</i></p> <p>9 AM CARDIO DANCE WITH APRIL K. <i>GROUP EXERCISE</i></p>	<p>9 AM POWER VINYASA WITH BEN J. <i>MIND/BODY</i></p> <p>10 AM MAT PILATES WITH LEE V. <i>MIND/BODY</i></p> <p>11 AM BODY ENGINEERING WITH LEE V. <i>GROUP EXERCISE</i></p>				
<div style="background-color: #00a6c9; color: white; padding: 5px; text-align: center;"> <h3>SUNDAY</h3> </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; background-color: #00a6c9; color: white;">MORNING</th> <th style="width: 50%; background-color: #00a6c9; color: white;">AFTERNOON</th> </tr> </thead> <tbody> <tr> <td> <p>8:30-9:15 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>9 AM POWER VINYASA WITH BEN J. <i>MIND/BODY</i></p> <p>9:30 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>10:30 AM WERQ WITH SUE K. <i>GROUP EXERCISE</i></p> <p>10:30 AM CLASSICAL HATHA YOGA WITH DOMINIQUE S. <i>MIND/BODY</i></p> </td> <td> <p>11:30 AM QIGONG WITH ANNETTE P. <i>MIND/BODY</i></p> <p>11:30 AM - 12 PM BABY DANCE PARTY WITH LOS PAPIS <i>GROUP EXERCISE</i></p> <p>4-5:30 PM ISRAELI DANCING WITH MIRIAM C. <i>GROUP EXERCISE</i></p> </td> </tr> </tbody> </table>						MORNING	AFTERNOON	<p>8:30-9:15 AM SPIN WITH ANGIE H. <i>SPIN STUDIO</i></p> <p>9 AM POWER VINYASA WITH BEN J. <i>MIND/BODY</i></p> <p>9:30 AM STRENGTH FUSION WITH ANGIE H. <i>GROUP EXERCISE</i></p> <p>10:30 AM WERQ WITH SUE K. <i>GROUP EXERCISE</i></p> <p>10:30 AM CLASSICAL HATHA YOGA WITH DOMINIQUE S. <i>MIND/BODY</i></p>	<p>11:30 AM QIGONG WITH ANNETTE P. <i>MIND/BODY</i></p> <p>11:30 AM - 12 PM BABY DANCE PARTY WITH LOS PAPIS <i>GROUP EXERCISE</i></p> <p>4-5:30 PM ISRAELI DANCING WITH MIRIAM C. <i>GROUP EXERCISE</i></p>
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<p>Group Exercise Cancellation / No-show Policy</p> <p>Class Reservations: Reservations are required to participate in all Group Exercise classes. Reservations can be made two weeks prior to the class date and time.</p> <p>Class Cancellations: In the event that your plans change, and you are unable to attend class, we kindly request that all members cancel their reservation at least 6 hours before class starts.</p> <p>Class No-Shows: A \$10 fee will be charged for no-shows. This fee will be automatically applied to the credit card on file.</p>									
<p>Scan here for class descriptions</p> 									