

GROUP EXERCISE SCHEDULE

December 2024



MONDAY		TUESDAY		WEDNESDAY	
MORNING	AFTERNOON	MORNING	AFTERNOON	MORNING	AFTERNOON
7 AM POWER YOGALATES WITH DEBBIE R.	12 PM FOREVER FIT WITH DIANA S.	6:10 AM WARRIOR BOOTCAMP WITH JENNY O.	12 PM POWER VINYASA WITH ROBYN S.	7 AM MAT PILATES WITH EMMI C.	12 PM LOW IMPACT ZUMBA WITH SERGIO R.
8 AM STRENGTH FUSION WITH ANGIE H.	4:30 PM POSTURE & MOBILITY WITH SHAWN F.	7 AM FLOW WITH BRIANA P.	4 PM BOUNCE INTERVALS WITH COURTNEY Z.	7 AM SPINNING ENERGY ZONES WITH BRYAN L.	12 PM SPIN WITH ANGIE H.
8 AM YOGA HIIT WITH BAR S.	5:30 PM WARRIOR BOOTCAMP WITH JENNY O.	8-8:45 AM SPIN WITH ANGIE H.	5 PM WARRIOR BOOTCAMP WITH MELISA C.	8 AM STRENGTH FUSION WITH ANGIE H.	12 PM SLOW FLOW* WITH REVITAL H.
9 AM MINDFUL MOVEMENT WITH BAR S.	6 PM YIN YOGA WITH DOMINIQUE S.	8 AM MIND BODY FUSION WITH ZOE M.	5:30 PM ROLL & RELEASE WITH SHAWN F.	8 AM GENTLE YOGA WITH ZOE M.	12:25-12:55 PM GENTLE CHAIR YOGA* WITH BECKY S.
9 AM HIGH FITNESS WITH EMILY R.	6:30 PM KRAV MAGA WITH ANNETTE P.	8 AM HIGH FITNESS WITH SARAH B.	6 PM WERQ WITH SUE K.	8 AM WAKLING CLUB WITH MICHELLE G. <i>BEGINNER &</i> <i>EXPERIENCED</i>	1 PM RESTORATIVE YOGA* WITH REVITAL H.
9 AM SPINNING ENERGY ZONES WITH BRYAN L.		9 AM BARRE WITH CHELSEA H.	7-8 PM POWER VINYASA WITH ROBYN S.	9 AM POSTURE & MOBILITY WITH SHAWN F.	4:30 PM VINYASA YOGA WITH VICKIE K.
10 AM YOGA ALIGN LULU G.		9 AM POWER VINYASA WITH TRACY L.		9 AM ZUMBA WITH LOS PAPIS	5:30 PM WARRIOR BOOTCAMP WITH MELISA C.
10 AM BARRE METHOD LINDSEY D.		10 AM MAT PILATES WITH LEE V.		10 AM BARRE METHOD WITH PRITI J.	6 PM SPINNING ENERGY ZONES WITH BRYAN L.
11 AM LOW IMPACT ZUMBA WITH DIANA S.		10 AM STRENGTH EXPLOSION WITH DAVID G.		10 AM YOGALATES* WITH BAR SHERF	6 PM YIN YOGA WITH DOMINIQUE S.
11 AM FUNCTIONAL MOVEMENT WITH JOSEPH D.		11 AM BODY ENGINEERING WITH LEE V.		11 AM CLASSICAL HATHA YOGA WITH KATHY J.	6:30 PM BARRE WITH CHELSEA H.
		11 AM LOW IMPACT AEROBICS WITH ANGIE H.		11 AM STEP AEROBICS WITH EILEEN S.	7 PM VINYASA YOGA WITH MEG L.
				11:30 AM-12:15 PM ZUMBA GOLD WITH BECKY S.	

NEW KEY!

*NEW TIME **NEW CLASS

GROUP EXERCISE
MIND/BODY
SPIN
JCC STUDIO
POOL

KAUFMAN FAMILY
LIVING ROOM
BARBARA
TOCKER
EDUCATION
CENTER

Scan here for our
cancellation policy



GROUP EXERCISE SCHEDULE

December 2024



THURSDAY		FRIDAY		SATURDAY	
MORNING	AFTERNOON	MORNING	AFTERNOON		

6:10 AM
WARRIOR
BOOTCAMP
 WITH JENNY O.

7 AM
FLOW
 BRIANA P.

8 AM
BOUNCE &
BURN
 WITH LOS PAPIS

8 AM
MIND BODY
FUSION
 WITH ZOE M.

9 AM
MINDFUL
MOVEMENT
 WITH BAR S.

9 AM
BARRE
 WITH CHELSEA H.

10 AM
SCULPT & BURN
 WITH CORTNEY Z.

10 AM
POWER VINYASA
 WITH ROBYN S.

11 AM
FUNCTIONAL
MOVEMENT
 WITH JOSEPH D.

11 AM
LOW IMPACT
ZUMBA
 WITH DIANA S.

12 PM
FOREVER FIT
 WITH DIANA S.

6 PM
WERQ
 WITH BETH D.

7 AM
POWER
YOGALATES
 WITH DEBBIE R.

8 AM
SPINNING ENERGY
ZONES
 WITH BRYAN L.

8 AM
CARDIO
STRENGTH
 WITH ANGIE H.

9 AM
CARDIO DANCE
 WITH APRIL K.

9 AM
VINYASA YOGA
 WITH VICKIE K.

10 AM
BARRE METHOD
 WITH NAOMI G.
INSTRUCTORS

10 AM
YOGA ALIGN
 WITH LULU G.

11 AM
HIGH
 WITH KATIE H.

12 PM
LOW IMPACT
AEROBICS
 WITH ANGIE H.

1-2 PM
POWER VINYASA
 WITH ROBYN S.

3 PM
WERQ
 WITH ROCHELLE K.

8:30 AM
SPINNING ENERGY
ZONES
 WITH BRYAN L.

9 AM
CARDIO DANCE
 WITH APRIL K.

9 AM
POWER VINYASA
 WITH BEN J.

10 AM
MAT PILATES
 WITH LEE V.

SUNDAY

MORNING	AFTERNOON
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8:30-9:15 AM
SPIN
 WITH ANGIE H.

9 AM
MINDFUL
MOVEMENT
 WITH BAR S.

9:30 AM
STRENGTH
FUSION
 WITH ANGIE H.

10:30 AM
WERQ
 WITH SUE K.

10:30 AM
CLASSICAL HATHA
YOGA
 WITH
 DOMINIQUE S.

11:30 AM
QIGONG
 WITH ANNETTE P.

11 AM
BODY
ENGINEERING
 WITH LEE V.

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