

GROUP EXERCISE SCHEDULE

November 2024



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

NEW KEY!

- * NEW TIME
- ** NEW CLASS

GROUP EXERCISE
MIND/BODY
SPIN
JCC STUDIO
POOL

KAUFMAN FAMILY
LIVING ROOM
BARBARA
TOCKER
EDUCATION
CENTER

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reservation.



GROUP EXERCISE SCHEDULE

November 2024



THURSDAY		FRIDAY		SATURDAY							
MORNING	AFTERNOON	MORNING	AFTERNOON								
<p>6:10 AM WARRIOR BOOTCAMP WITH JENNY O.</p> <p>7 AM FLOW BRIANA P.</p> <p>8 AM BOUNCE & BURN WITH LOS PAPIS</p> <p>8 AM AQUA AEROBICS WITH ANGIE H.</p> <p>8 AM MIND BODY FUSION WITH ZOE M.</p> <p>9 AM MINDFUL MOVEMENT WITH BAR S.</p> <p>9 AM BARRE WITH CHELSEA H.</p> <p>10 AM SCULPT & BURN WITH CORTNEY Z.</p> <p>10 AM POWER VINYASA WITH ROBYN S.</p> <p>11 AM FUNCTIONAL MOVEMENT WITH JOSEPH D.</p> <p>11 AM LOW IMPACT ZUMBA WITH DIANA S.</p>	<p>12 PM FOREVER FIT WITH DIANA S.</p> <p>6 PM WERQ WITH BETH D.</p>	<p>7 AM POWER YOGALATES WITH DEBBIE R.</p> <p>8 AM SPINNING ENERGY ZONES WITH BRYAN L.</p> <p>8 AM STRENGTH FUSION WITH JENNIFER W.</p> <p>9 AM CARDIO DANCE WITH APRIL K.</p> <p>9 AM VINYASA YOGA WITH VICKIE K.</p> <p>10 AM AQUA AEROBICS WITH ANGIE H.</p> <p>10 AM BARRE METHOD WITH NAOMI G. INSTRUCTORS CHANGE BI-WEEKLY</p> <p>10 AM YOGA ALIGN WITH LULU G.</p>	<p>12 PM LOW IMPACT AEROBICS WITH ANGIE H.</p> <p>1-2 PM POWER VINYASA WITH ROBYN S.</p> <p>3 PM WERQ WITH ROCHELLE K.</p>	<p>8:30 AM SPINNING ENERGY ZONES WITH BRYAN L.</p> <p>9 AM CARDIO DANCE WITH APRIL K.</p> <p>9 AM POWER VINYASA WITH BEN J.</p> <p>10 AM MAT PILATES WITH LEE V.</p>	<p>11 AM BODY ENGINEERING WITH LEE V.</p>						
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