

Group Exercise Classes

Effective January 2, 2019

Monday

8:00-9:00	AM Step Interval	Kathleen	S2
8:45-9:45	AM Water Aerobics	Lynne	IDP
9:00-10:00	AM Spin	Michele	S1
9:00-10:00	AM HIIT*	Kathleen	S2
9:45-10:45	AM Senior Aqua Aerobics	Rotating	IDP
10:00-11:00	AM Yoga-Creative Vinyasa Flow	Melinda	S3
10:45-11:15	AM Senior Deep Water Aerobics	Celina	IDP
5:30-6:15	PM PiYo NEW to Monday Night!	Beth	S3
6:30-7:30	PM Yoga-Relaxation	Pam	S3
7:30-8:00	PM Meditation	Pam	S3

Thursday

6:00-7:00	AM PoWer SPIN	Linda	S1
7:00-8:00	AM Rise and Shine Yoga	Pam	S3
8:00-9:00	AM Step Interval	Kathleen	S2
9:00-10:00	AM HIIT* NEW DAY! NEW Instructor!	Sarah	G
9:45-10:45	AM Senior Aqua Aerobics	Rotating	IDP
10:00-11:00	AM Zumba	Christine	S2
10:00-11:00	AM Yoga-Mindful Flow	Merav	S3
10:45-11:15	AM Senior Deep Water Aerobics	Celina	IDP
11:30-12:30	PM Restorative Yoga	Nicole	S3
6:00-7:00	PM Mat Pilates-Therapeutic	Kathleen	S3
6:00-7:00	PM Capoeira JFit Fam&Kids, too!	Chris	S2

Babysitting

Sunday-Friday Mornings - 8:30AM-11:30AM
Saturday Mornings -8:30AM-1:00PM
Monday & Tuesday Evenings - 4:30PM-7:30PM

Tuesday

6:00-7:00	AM PoWer SPIN	Linda	S1
7:00-8:00	AM Rise and Shine Yoga	Pam	S3
8:00-9:00	AM Step Combo	Kathleen	S2
9:00-10:00	AM HIIT* It's Back on Tuesdays!	Linda	G
9:30-10:30	AM Head to Toe Aerobics	Kathleen	S2
10:00-11:15	AM Vinyasa Yoga	Merav	S3
10:35-11:20	AM Senior Fitness	Lynne	S2
11:30-12:30	AM Yoga - Relaxation	Pam	S3
5:30-6:00	PM JFit Families (Yoga)	Melissa	S2
6:00-6:30	PM JFit Kids (Yoga)	Melissa	S2
6:00-6:45	PM Mat Pilates - Evolved	Maryann	S3
6:00-6:30	PM PEDAL &...	Shannon	S1
6:30-7:00	PMPUMP!	Shannon	S2

Friday

6:00-7:00	AM BootCAMP	Linda	RC
8:45-9:45	AM Water Aerobics	Peggy	IDP
9:00-10:00	AM Spin	Michele	S1
9:00-10:00	AM BootCamp* NEW DAY!	Linda	RC
9:30-10:30	AM Yoga-Slow Flow	Libbie	S3
10:00-11:00	AM Zumba	Lisa	S2
11:05-11:45	AM Senior Fitness	Jacqueline	S2

Room Key

S1-Studio 1 G-Gymnasium
S2-Studio 2 RC-Racquetball Court
S3-Studio 3 IDP-Indoor Pool

Wednesday

6:00-7:00	AM HIIT	Linda	S2
8:00-9:00	AM Cardio+BARRE	Kathleen	S2
8:45-9:45	AM Water Aerobics	Peggy	IDP
9:00-10:00	AM Spin	Michele	S1
9:30-10:30	AM HIIT* NEW Time! NEW Instructor!	Jen	G
9:30-10:30	AM Yoga-MBSFlow	Courtney	S3
10:30-11:15	AM Senior Movement	Kathleen	S2
11:30-12:15	AM CARDIO+Conditioning NEW Class.	Sarah	S2
5:30-6:30	PM PiYo	Beth	S3
6:30-7:30	PM ZUMBA	Lisa	S2

Saturday

9:30-10:00	AM Retro Step	Kathleen	S2
10:00-10:30	AM Buns & Guns	Kathleen	S2
11:00-12:00	AM Mat Pilates-Functional	Kathleen	S2

Sunday

8:15-9:15	AM Super Spin NEW Time!	Eric	S1
9:00-10:00	AM STRONG + TONING NEW!!!!	Shayla/Sarah	S2
9:00-10:00	AM Hi-Int Deep Water Aero	Lish	IDP
10:15-11:15	AM YOGAFlow	Maryann	S3
10:30-11:30	AM Zumba	Papi/Shayla	S2

* indicates a High Intensity class

Schedule subject to change

www.siegeljcc.org for the most updated information