

# Group Fitness Schedule MARCH 2010

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio A</b>	7:00 a			Total Body Conditioning Julia		Total Body Conditioning Julia	5:30 am YOGA Therese	
	9:15 a	YOGA <i>Marj-nov75min!</i>	POWER YOGA Carrie 75 min!	YOGA Marjorie 75 min!			YOGA Marjorie 75 min!	Yoga Flow Sherry
	9:30 a				Yoga Pilates Fusion Julie	YOGA Denise		
	10:30 a	YOGA FLOW Marjorie75min	GENTLE YOGA Denise	10:45am Restorative Yoga Sherry	GENTLE YOGA Denise	10:45am Seniorcise Alan	GENTLE YOGA Denise	
	6:00 P			YOGA Julie		CANDELIGHT YOGA Sherry		
	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio B</b>	6:00 a		 BODYPUMP Lee M	ROCKIN' BOXIN Steve 6:30am	CORE&MORE Jason 5:30am	ROCKIN'BOXIN Steve 6:30am	 BODYPUMP Donna/ Jenna	
	8:15 a	 BODYPUMP Lisa/Donna 8:15am						
	8:30 a		 BODYPUMP Lee	CIRCUIT TRAINING Lee Gym Floor	 BODYPUMP Tara		 BODYPUMP Vickie	
	9:15 a	 BODYVIVE Lisa/Donna 9:15am			SOCCERCISE Alex Gym Floor 9:15am	BOSU Alex Gym Floor 9:30am		 BODYPUMP Leslie/ Sue
	9:30 a		THE MIX Julie	Cardio Kickboxing Lisa NEW!	 BODYVIVE Sue	 BODYPUMP Sue	 ZUMBA Kryisia	
	10:30 a	 ZUMBA 10:15am Staff*					\$WOW Denise	
	10:45 a	SENIORCISE Alan 11:15		SENIORCISE Alan		SENIORCISE Alan		
1:00p								
6:00p		 BODYPUMP Leslie	 ZUMBA Vicki -7pm	 BODYPUMP Leslie	 ZUMBA Marcella			
	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycle, Fitness Floor &amp; Pool</b>	5:30 a			X-Training Matt		X-Training Matt		
	7:00 a		Deep Water Aerobics	X-Training Matt		X-Training Matt		
	8:00 a	Deep Water Aerobics		Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	
	8:30am		Shallow Water Aerobics			Cycle & Abs Kay		
	9:00 a	Sh. Water Aerobics \$Reformer Lynn	9:15 Cycle Fit Franne	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics	Shallow Water Aerobics 9:30am
	9:15 a	Cycle Fit Shawn/Sue	\$Reformer Lynn 9:30am		Cycle Fit Franne			
	9:30 a		10:30am \$Reformer Lynn	Cycle Fit Sue			Cycle Fit David	
	10:00 a	\$ Reformer Lynn 10am	Abs Xpress Fitness Floor			9:45am NEW! Reformer Gabriella		
	10:30 a	Cycle Fit Shawn		Abs Xpress Fitness Floor	Abs Xpress Fitness Floor	Abs Xpress Fitness Floor		
	10:30 a			\$WOW Denise & Lisa				
	4:30 p			\$Teen Fitness Academy	Cycle Fit Shawn	\$Teen Fitness Academy		
	5:30 p			\$Reformer Lynn 5:45pm	\$Reformer Lynn			
6:00 p			Cycle Rachel		Cycle Shawn			

## ZUMBA SUNDAY SCHEDULE—INSTRUCTOR SUBJECT TO CHANGE

3/7 Sam  
2/14 Gabriela  
2/21 Laja  
2/28 Sam

We welcome back Gabriela Banuet to the JCC Pilates Program.  
She is our Master Pilates Reformer Instructor and is available for privates and duets.  
Schedule your sessions with Gabriela at the welcome desk.