

# Group Exercise Schedule



MON	TUE	WED	THU	FRI
6:15 am, 7:30 am, and 8:45 am <b>Pivot Wellness</b> with Abby and Erika * in Group Exercise Studio	9:15 am, <b>Mommy and Me Exercise</b> with <u>Nicole in Group Exercise Studio</u> ***	6:15 am, 7:30 am, and 8:45 am <b>Pivot Wellness</b> with Abby and Erika * in Group Exercise Studio		6:15 am, 7:30 am, and 8:45 am <b>Pivot Wellness</b> with Abby and Erika * in group exercise studio
10:00 am <b>Senior Mat Classic</b> with Andrea in Group Exercise Studio	10:15 <b>Drum Circle</b> with Andrea in Group Exercise Studio	10:00 am <b>Enerchi</b> with Andrea in Group Exercise Studio		10:00 am <b>Senior Mat Classic</b> with Andrea in Group Exercise Studio
11:00 am <b>Senior Classic</b> with Andrea in Group Exercise Studio		11:00 am <b>Senior Classic</b> with Andrea in Group Exercise Studio	11:00 am <b>Flow Yoga</b> with Emily in New Yoga Studio	11:00 am <b>Senior Classic</b> with Andrea in Group Exercise Studio
12:00 pm <b>Power Yoga</b> with Emily in New Yoga Studio & 12:00 pm <b>Water Aerobics</b> with Andrea at the pool			12:00 pm <b>Power Yoga</b> with Emily in New Yoga Studio	12:00 pm <b>Zumba</b> with Harlee in the Group Exercise Studio
1:00 pm <b>Yoga Stretch</b> with Emily in New Yoga Studio	1:15 pm <b>Weight and Cardio Training</b> with Patti in the Fitness Center			1:00 pm <b>Pilates Fusion</b> with Harlee in Group Exercise Studio
		4:00 pm <b>Weight and Cardio Training</b> with Patti in the Fitness Center	4:00 pm <b>Dance Cardio</b> with Harlee in the Group Exercise Studio	
7:00 pm <b>Israeli Dance</b> with Debbie in Group Exercise Studio			5:00 pm <b>Barre</b> with Harlee in the Group Exercise Studio	

**\$0 COST PER CLASS WITH A JCC MEMBERSHIP!**  
**\*Pivot Wellness Fees through Abby and Erika.**

**\$10 COST PER CLASS W/O A JCC MEMBERSHIP**  
 (\$7 Israeli Dance)

**Indoor Pickleball:**  
 Tuesdays 6pm-9pm  
 In Gymnasium  
**\*\*\*Exception, Mommy and Me is \$35 paid when you register \*\*\***

**Fitness Center Hours:**  
 Monday-Thursday 6:00 am to 9:00 pm  
 Friday 6:00 am-6:00 pm  
 Saturday & Sunday 8:00 am-5:00 pm

**Pool Hours:**  
 Monday-Friday 10:00 am- 4:00 pm  
 Saturday & Sunday 10:00 am- 2:00pm

