

GROUP EXERCISE SCHEDULE: DECEMBER

This schedule is subject to change without notice. For the most current classes, visit us at JCCindy.org/group-exercise-schedule

Updated Nov 28, 2018

MONDAY

MORNING MOTIVATORS

Indoor Cycling (AP)
6 am 🚴 Laurel

Aquacize (AP)
8 am 🌊 Becky F.

Dance (A)
8:30 am 🕺 Cherri

Indoor Cycling (AP)
8:30 am 🚴 Jim G

Aquajoints (AP)
9 am 🙋 Essie
\$6 / \$4 M

**Pilates BOSU*,
Balls & Balance** (A)
9:45 am 🕸 Cherri

Aquajoints (AP)
10 am 🙋 Pam
\$6 / \$4 M

**Pilates Basic
Fundamentals** (B)
10:15 am ▽ Ginger

Zumba (AP)
10:45 am 🕺 Lindsey
\$10 NM

Fit Joints Plus* (AP)
10:45 am 🙋 Nikki
\$6 / \$4 M

MID-DAY INVIGORATORS

SilverSneakers Yoga (AA)
11:45 am 🕸 Mary

Aquajog* (AP)
1 pm 🌊 Sue

Rock Steady Boxing**
2:30 pm 🕸 Jo
Levels 3 & 4
(support needed)
\$10 NM

Vinyasa Yoga (AP)
4:30 pm 🕸 Mary

EVENING ACTIVATORS

Adult Swim*
5-6 pm 🙋

BodyPump™ (AP)
5:30 pm 🕸 Andre

Express Cycle, 45 min (AP)
5:30 pm 🚴 Jim G

Ai Chi (AP)
6 pm 🙋 Bonnie

BOQUA (AP)
6 pm 🌊 Tom

Power Yoga (AP)
6:40 pm 🕸 Kathy

Beginning Ballet (B)
7 pm ▽ Melody

TUESDAY

MORNING MOTIVATORS

Boot Camp (I)
6 am 🕸 Javan

Aquajog* (AP)
7 am 🌊 Sheryl

Aquajog* (AP)
8 am 🌊 Gail

Total Body Workout (AP)
8:15 am 🕸 Kara

Yoqua (AP)
9 am 🙋 Dianne

Classical Ballet (A)
9-10:30 am ▽ Ellen
\$25 Drop In

Pilates Mat Power (A)
9:45 am 🕸 Heidi

Aquajoints (AP)
10 am 🙋 Becky
\$6 / \$4 M

Vinyasa Yoga (AP)
10:45 am ▽ Anne

Aquajoints (AP)
10:45 am 🙋 Valerie
\$6 / \$4 M

MID-DAY INVIGORATORS

BOQUA (AP)
11 am 🌊 Tom

SilverSneakers Classic (AA)
11 am 🕸 Jim

BodyPump™ (AP)
Noon 🕸 Rachell

Adv. Beginning Tap (A)
1 pm ▽ Tina

Rock Steady Boxing**
3 pm 🕸 Kay
Levels 1, 2
\$10 NM

EVENING ACTIVATORS

LaBlast (AP)
4:30 pm 🕸 Tina
\$19 / \$15 M

Aqua Pilates/Ai Chi (AP)
5:30 pm 🙋 Pamela

Butts 'N Guts (AP)
5:30 pm 🕸 Staffl

Zumba (AP)
6 pm 🕸 Rachel
\$10 NM

Aquajoints (AP)
6:30 pm 🙋 Harriet
\$6 / \$4 M

Hot Power Yoga (AP)
6:45 pm ▽ Cara
\$15 / \$10 M

WEDNESDAY

MORNING MOTIVATORS

Express Cycle (AP)
6 am 🚴 Carolyn

Cardio Strength (AP)
7:15 am 🕸 Rachell

Aquacize (AP)
8 am 🌊 Becky F.

Dance (A)
8:30 am 🕺 Cherri

Express Cycle (AP)
8:45 am 🚴 Jim

Aquajoints (AP)
9 am 🙋 Essie
\$6 / \$4 M

Yoga for Energy (AP)
9 am ▽ Ashley

Piloxing (AP)
9:30 am 🕸 Anne

Aquajoints (AP)
10 am 🙋 Pam
\$6 / \$4 M

LaBlast (AP)
10:30 pm ▽ Tina
\$19 / \$15 M

Pilates Core & More (I)
10:30 am 🕸 Susan

Fit Joints Plus* (AP)
10:45 am 🙋 Lance
\$6 / \$4 M

MID-DAY INVIGORATORS

Rock Steady Boxing**
11:45 am 🕸 Kay
Levels 3, 4
(support needed)
\$10 NM

Musical Theater/Jazz
Noon ▽

Aquajog* (AP)
1 pm 🌊 Sue

Adult Swim*
5-6 pm 🙋

EVENING ACTIVATORS

BodyAttack™ (AP)
5 pm 🕸 Kristina

Express Cycle (AP)
5:15 pm 🚴 Mary

Power Yoga (AP)
6 pm 🕸 Ashley

Ai Chi (AP)
6 pm 🙋 Valerie

HI-LOW Aqua
6 pm 🌊 Sheryl

THURSDAY

MORNING MOTIVATORS

HIIT Class (AP)
6 am 🕸 Javan \$10

Aqua Fit (AP)
6 am 🌊 LaNita

Aquajog* (AP)
7 am 🌊 Sheryl

Aquajog* (AP)
8 am 🌊 Gail

BodyPump™ (AP)
8:15 am 🕸 Rachell

Cycle, Core & More
8:45 am 🚴 Carolyn

Yoqua (AP)
9 am 🙋 Dianne

Pilates Mat Power
9 am ▽ Heidi

SilverSneakers Boom (AA)
9:45 am 🕸 Jim G

Aquajoints (AP)
10 am 🙋 Becky
\$6 / \$4 M

Yoga for Energy (AP)
10:45 am ▽ Ashley

Aquajoints (AP)
10:45 am 🙋 Pam
\$6 / \$4 M

MID-DAY INVIGORATORS

SilverSneakers Cardio (AA)
11 am 🕸 Jim G

BodyPump™ (AP)
Noon 🕸 Rachell

SilverSneakers Yoga (AA)
1:15pm 🕸 Mary

EVENING ACTIVATORS

Butts N' Guts (AP)
5:30 pm 🕸 Stephanie

Aqua Pilates/Ai Chi (AP)
5:30 pm 🙋 Nikki

BOQUA (AP)
6 pm 🌊 Tom

BodyPump™ (AP)
6:15 pm 🕸 Irina

Slow Flow Vinyasa (AP)
6:15 pm ▽ Kathy

Aquajoints (AP)
6:30 pm 🙋 Harriet
\$6 / \$4 M

FRIDAY

MORNING MOTIVATORS

Indoor Cycling (AP)
6 am 🚴 Laurel

Cardio Strength (AA)
7:30 am 🕸 Rachell

Pilates Basics (AP)
8 am ▽ Ginger

Aquajoints (AP)
8:30 am 🙋 Eunice/Essie
\$6 / \$4 M

Dance (A)
8:30 am 🕺 Cherri

Indoor Cycling (AP)
8:30 am 🚴 Jim G.

BOQUA (AP)
9 am 🌊 Tom

Piloxing (AP)
9:30 am 🕸 Anne

Classical Ballet (A)
10-11:30 am ▽ Ellen
\$25 Drop In

**Pilates Better
Bones & Balance** (B/I)
10:30 am 🕸 Susan

**SilverSneakers
Dance Cardio**
11:30 am 🕸 Jim

MID-DAY INVIGORATORS

Aquajog* (AP)
1 pm 🌊 Sue

Fit Joints Plus* (AP)
1 pm 🙋 Nikki
\$6 / \$4 M

Adult Swim*
2-3 pm 🙋

Rock Steady Boxing**
3 pm 🕸 Kay
Levels 1, 2
\$10 NM

Family Swim*
4-5:30 pm 🙋

SATURDAY

ALL DAY AT THE J

BodyPump™ (AP)
9 am 🕸 Lindsay

**Restorative Yoga
for Stress Relief** (AP)
9 am ▽ Ashley
\$15 / \$10 M

BOQUA (AP)
9:30 am 🌊 Tom

Pilates Mat Power (I/A)
10:15 am 🕸 Staff

Yoga Basics (AP)
10:15 am ▽ Ashley
\$15 / \$10 M

HII-Yo (AP)
11:30 am 🕸 Cara

Family Swim*
Noon-1 pm 🙋

Adult Swim*
1-2 pm 🙋

SUNDAY

ALL DAY AT THE J

Ai Chi (AP)
8:30 am 🙋 Bonnie

BodyAttack™ (AP)
8:30 am 🕸 Jeff

Cycle, Core & More
8:45 am 🚴 Carolyn

Vinyasa Yoga (AP)
9 am ▽ Kathy/Jim M

BodyPump™ (AP)
9:30 am 🕸 Irina

Adult Swim*
9:30-10:30 am 🙋

Advance Beginning Ballet
10:15 pm ▽ Melody

Family Swim*
10:30 am- Noon 🙋

Tai Chi for Health (AP)
11:30 am ▽ Tracy

PUNCH CARDS

Aquajoints/Fitjoints Plus
10 punches: \$50 / \$30 M

Specialty Yoga
10 punches: \$120 / \$80 M

FREE for JCC Members

Rock Steady Boxing **
10 punches: \$80 NM

Zumba
10 punches: \$80 NM

🕸 = Boxing Area, Mordoh Fitness Center

🕸 = Group Exercise Studio, Mordoh Fitness Center

🌊 = Regenstrief Indoor Pool

🚴 = Weiner Cycling Studio

▽ = Pescovitz Dance Studio

🙋 = Backer Therapy Pool

(A)=Advanced

(AA)=Active Adult

(AP)=Appropriate for all levels

(B)=Beginner

(I)=Intermediate

* MUST know how to swim

** For Parkinson's patients only.
Support may be needed.