

GROUP EXERCISE SCHEDULE: JANUARY

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

Updated Dec 30, 2018

MONDAY

MORNING MOTIVATORS

Indoor Cycling (AP)
6 am ☀ Laurel

Aquacize (AP)
8 am ☹ Becky F.

Dance (A)
8:30 am ☒ Cheri

Indoor Cycling (AP)
8:30 am ☀ Jim G

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

**Pilates BOSU*,
Balls & Balance** (A)
9:45 am ☒ Cheri

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 ☒ Cheri

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 ☒ Cheri

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 🙋

Express Cycle (starts Jan 6)
10 am ☀ Carolyn

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.