

GROUP EXERCISE SCHEDULE: OCTOBER

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

Updated SEPTEMBER 27, 2019

MONDAY

MORNING MOTIVATORS

Indoor Cycling (AP)
6 am 🚴 Laurel

Cardio Strength (AA)
7:15 am 🏃 Rachell

Aquacize (AP)
8 am 🏊 Becky F.

Dance (A)
8:30 am 🕺 Staff

Indoor Cycling (AP)
8:30 am 🚴 Jim G

\$ Aquajoints (AP)
9 am 🏊 Essie
\$7 / \$5 M

**Pilates BOSU*,
Balls & Balance** (A)
9:45 am 🕺 Staff

\$ Aquajoints (AP)
10 am 🏊 Pam
\$7 / \$5 M

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

Zumba (AP)
10:45 am 🕺 Lindsay
\$10 NM

\$ Fit Joints Plus* (AP)
10:45 am 🏊 Nikki
\$7 / \$5 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

NEW Jump Rope Express
(AP) 4:30 pm 🕺 Tim

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

Slow Flow Vinyasa Yoga
(AP) 6:40 pm 🕺 Kathy

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 🕺 Staff

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

Pilates Mat Power (A)
9:45 am 🕺 Heidi

\$ Aquajoints (AP)
10 am 🏊 Becky
\$7 / \$5 M

Vinyasa Yoga (AP)
10:45 am 🕺 Anne

\$ Aquajoints (AP)
10:45 am 🏊 Valerie
\$7 / \$5 M

MID-DAY INVIGORATORS

BOQUA (AP)
11 am 🕺 Tom

SilverSneakers Classic (AA)
11 am 🕺 Jim

BodyPump™ (AP)
Noon 🕺 Rachell

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

EVENING ACTIVATORS

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

Butts 'N Guts (AP)
5:30 pm 🕺 Staff

\$ Zumba (AP)
6 pm 🕺 Rachel
\$10 NM

\$ Aquajoints (AP)
6:30 pm 🏊 Harriet
\$7 / \$5 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
\$7 / \$5 M

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

\$ Fit Joints Plus* (AP)
10:45 am 🏊 Lance
\$7 / \$5 M

MID-DAY INVIGORATORS

\$ Rock Steady Boxing**
Noon 🏊 Emily
Levels 3, 4
\$10 NM

Aquajog* (AP)
1 pm 🏊 Sue

EVENING ACTIVATORS

Adult Swim*
5-6 pm 🏊

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 \$15/\$10 M

Aquajog* (AP)
7 am 🏊 Sheryl

Aquajog* (AP)
8 am 🏊 Gail

BodyPump™ (AP)
8:15 am 🕺 Rachell

Cycle, Core & More
8:45 am 🚴 Carolyn

Pilates Mat Power
9 am 🕺 Heidi

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

\$ Aquajoints (AP)
10 am 🏊 Becky
\$7 / \$5 M

Stretchology (AP)
10 am 🕺 Heidi

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

\$ Aquajoints (AP)
10:45 am 🏊 Pam
\$7 / \$5 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 🕺 Stephie

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 pm 🕺 Kathy

\$ Aquajoints (AP)
6:30 pm 🏊 Harriet
\$7 / \$5 M

\$ Chicago Style Steppin
(AP) 7 pm 🕺 Victor
\$12 / \$10 M

FRIDAY

MORNING MOTIVATORS

Indoor Cycling (AP)
6 am 🚴 Laurel

Pilates Basics (AP)
8 am 🕺 Ginger

\$ Aquajoints (AP)
8:30 am 🏊 Eunice/Essie
\$7 / \$5 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 Cardio
Line Dance**
11:30 am 🕺 Jim

MID-DAY INVIGORATORS

\$ Fit Joints Plus* (AP)
1 pm 🏊 Nikki
\$7 / \$5 M

Aquajog* (AP)
1 pm 🏊 Sue

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

Jump Rope Conditioning
(AP) 8:15-8:45 am 🕺 Tim

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

HI-Lo (AP)
11:30 am 🕺 Cara

Adult Swim*
12:30-1:30 pm 🏊

SUNDAY

ALL DAY AT THE J

Ai Chi (AP)
8:30 am 🏊 Bonnie

Cycle, Core & More
8:45 am 🚴 Carolyn

Vinyasa Yoga (AP)
9 am 🕺 Meredith/Jim

BodyPump™ (AP)
9:30 am 🕺 Irina

Adult Swim
9:30-10:30 am 🏊

Express Cycle
10 am 🚴 Carolyn

Family Swim
10:30-11:30 am 🏊

BodyAttack™ (AP)
10:45 am 🕺 Jeff

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

HOLIDAY CLOSINGS

Tue, Oct 1	Closed
Tue, Oct 8	Close at 3 pm
Wed, Oct 9	Closed
Sun, Oct 13	Close at 5 pm
Mon, Oct 14	Closed
Sun, Oct 20	Close at 5 pm
Mon, Oct 21	Closed

LES MILLS

No pre-registration required. FREE!

Launch Party
Sun, Oct 27

BodyPump 111
BodyAttack 106

9:30 am
10:45 am

KEY

- 🏊 = Backer Therapy Pool
- 🏋️ = Boxing Area, Mordoh Fitness Center
- 🏊 = Group Ex Studio, Mordoh Fitness Ctr
- 🕺 = Pescovitz Dance Studio
- 🏊 = Regenstrief Indoor Pool
- 🚴 = Weiner Cycling Studio

PUNCH CARDS

- Aquajoints/Fitjoints Plus**
10 punches: \$60 / \$40 M
- Rock Steady Boxing ****
10 punches: \$80 NM
FREE for members!
- Classical Ballet**
5 punches: \$100 / \$90 M
- Specialty Yoga**
10 punches: \$120 / \$80 M
- Zumba** FREE for members
10 punches: \$80 NM
- Chicago Steppin**
5 punches: \$59 / \$45 M

(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.