


# GROUP EXERCISE SCHEDULE

Schedule subject to change.

Effective beginning SEPTEMBER 21, 2020


- \$ = Fee required. Land-based classes are \$60 or less for a six-week period beginning September 21, 2020.
- R = Registration required.
- \* = minimum required. Land-based classes need a minimum of 8 participants in order to take place.
-  = Outdoors at Sablosky Pavilion, rain or shine (Pavilion is covered.)
- Please bring your own yoga mats, towel and water.
- Please note that participants of all Group Ex classes must maintain social distancing of 10 feet.
- For classes requiring equipment, participants MUST wipe down BEFORE AND AFTER use.

## MONDAY

\* No classes Sep 28

**\$ Aquajoints**  
9:50-10:45 am Pam  
Backer Therapy Pool  
\$10/\$5M

**\$ Fit Joints Plus**  
10:45-11:45 am Nikki  
Therapy Pool  
\$10/\$5M

 **\$R\* Zumba**  
10:45-11:45 am  
Lindsey Pavilion  
\$30 for 6 classes

**Aquajog**  
1-2 pm Sue  
Indoor Lap Pool

**Jump Rope Express**  
5-5:30 pm Tim  
Group Ex Studio

**\$R\* Slow Flow  
Vinyasa Yoga** 6-6:45 pm  
Kathy Group Ex  
\$60 for 6 classes

**BOQUA**  
6-7 pm Tom  
Indoor Lap Pool

**Ai Chi**  
6-7 pm Bonnie  
Backer Therapy Pool

## TUESDAY

**\$R\* HIIT** 6-7 am  
Javan (Virtual)  
\$40 for 4 classes  
Beg. Oct 6

**Aquajog**  
7-8 am Sheryl  
Indoor Lap Pool

**Aquajog**  
8-9 am Gail  
Indoor Lap Pool

**\$ Aquajoints**  
9:45-10:45 am Becky  
Backer Therapy Pool  
\$10/\$5 M


**\$ Fit Joints Plus**  
10:45-11:45 am Nikki  
Therapy Pool  
\$10/\$5M

**Silver Sneakers  
Classic** 11-11:45 am  
Jim  
Group Ex Studio

**BOQUA**  
11 am-Noon Tom  
Indoor Lap Pool

**NEW** **BOQUA Balance**  
5:30-6:15 pm Tom  
Backer Therapy Pool

## WEDNESDAY

 **\$R\* Yoga for Energy**  
9-10 am Ashley  
Pavilion  
\$60 for 6 classes

**\$ Aquajoints**  
9:50-10:45 am Pam  
Backer Therapy Pool  
\$10/\$5M

**\$ Fit Joints Plus**  
10:45-11:45 am Nikki  
Therapy Pool  
\$10/\$5M

**NEW** **BOQUA Balance**  
12:15-1 pm Tom  
Backer Therapy Pool

**Aquajog**  
1-2 pm Sue  
Indoor Lap Pool

**\$R\* HIIT**  
5:15-6 pm Kylie  
Front Lawn  
\$40 for 6 classes

**\$R\* Power Yoga**  
6-7 pm Ashley  
Group Ex Studio  
\$60 for 6 classes


**Hi-Low Aqua**  
6-7 pm Sheryl  
Indoor Lap Pool

## THURSDAY

**\$R\* HIIT** 6-7 am  
Javan (Virtual)  
\$40 for 4 classes  
Beg. Oct 8


**Aquajog**  
7-8 am Sheryl  
Indoor Lap Pool

**Aquajog**  
8-9 am Gail  
Indoor Lap Pool

 **\$R\* Pilates Cara**  
9:45-10:45 am  
Pavilion  
\$60 for 6 classes

**\$ Aquajoints**  
9:45-10:45 am Becky  
Backer Therapy Pool  
\$10/\$5M

**\$ Fit Joints Plus**  
10:45-11:45 am Pam  
Backer Therapy Pool  
\$10/\$5M

 **\$R\* Yoga for Energy**  
10:45-11:45 am  
Ashley Pavilion  
\$60 for 6 classes

**Aqua Pilates/Ai Chi**  
5:30-6:30 pm Nikki  
Backer Therapy Pool

**BOQUA**  
6-7 pm Tom  
Indoor Lap Pool

## FRIDAY

**BOQUA**  
9-10 am Tom  
Indoor Lap Pool

**Aquajog**  
1-2 pm Sue  
Indoor Lap Pool

**\$ Fit Joints Plus**  
1-2 pm Nikki  
Therapy Pool  
\$10/\$5M

## SATURDAY

\* No classes Oct 3, 10

**Jump Rope Express**  
8:15-8:45 am Tim  
Group Ex Studio

**\$R\* Restorative Yoga  
for Stress Relief**  
9-10 am Ashley Dance  
Studio \$60 for 6 class

**BOQUA**  
9:30-10:30 am Tom  
Indoor Lap Pool

**\$R\* Yoga Basics**  
10:15-11:15 am  
Ashley Group Ex  
\$60 for 6 classes

## SUNDAY

**Ai Chi**  
8:30-9:30 am Bonnie  
Backer Therapy Pool

**BodyPump™**  
9:30-10:30 am  
Irina  
Group Ex Studio

\* Please note the following holidays. If there is no class because building is closed for a holiday, instructor will schedule a make-up class.

Sun, Sep 27 | Close at 3 pm  
Mon, Sep 28 | CLOSED for Yom  
Kippur

Fri, Oct 2 | Close at 5 pm  
Sat, Oct 3 | CLOSED for Sukkot

Fri, Oct 9 | Close at 5 pm  
Sat, Oct 10 | CLOSED in honor of  
Shemini Atzeret and Simchat Torah

**ALERTS FOR  
STUDIO CLASSES**  
Text "@jccGrpX" to  
"81010". Answer  
"S" to confirm.

**AQUATICS ALERTS**  
Text "@jccAqua"  
to "81010".  
Answer "S" to the  
confirmation text.

Register at  
**JCCindy.org/  
programs**

**\$ PUNCH CARDS**  
Aquajoints/Fitjoints Plus  
10 punches: \$80/\$40 M