

JAN/FEB GROUP EXERCISE SCHEDULE

Schedule subject to change.

Effective beginning JANUARY 2, 2021

- (R) = Reservations required. Sign up at JCCindy.org/schedules. Sign-ups become available 48 hours in advance of each time slot. If there is a time slot that appears to be missing, that time is not yet available.
- \$ = Fee required. See below or visit JCCindy.org/programs for rates.
- Please bring your own yoga mats, towel and water.
- Please note that participants of all Group Ex classes must maintain social distancing of at least 10 feet.
- For classes requiring equipment, participants MUST wipe down BEFORE AND AFTER use.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(R) \$ Aquajoints 9:50-10:45 am Pam Backer Therapy Pool \$10/\$5M	\$ HIIT 6-7 am Javan (Virtual) \$120 for Tue/Thu Runs 1/5-2/25	(R) Cycling 8:30-9:30 am Jim Group Ex Studio	\$ HIIT 6-7 am Javan (Virtual) \$120 for Tue/Thu Runs 1/5-2/25	BOQUA 9-10 am Tom Indoor Lap Pool	(R) Jump Rope Express 9-9:30 am Tim Group Ex Studio
(R) \$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool \$10/\$5M	Aqua Jog 7-8 am Sheryl Indoor Lap Pool	(R) \$ Aquajoints 9:50-10:45 am Pam Therapy Pool \$10/\$5M	Aqua Jog 7-8 am Sheryl Indoor Lap Pool	Aqua Jog 1-2 pm Sue Indoor Lap Pool	BOQUA 9:30-10:30 am Tom Indoor Lap Pool
\$ Zumba 10:45-11:45 am Lindsey Group Ex Runs 1/4-2/22 \$50	Aqua Jog 8-9 am Gail Indoor Lap Pool	(R) \$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool \$10/\$5M	Aqua Jog 8-9 am Gail Indoor Lap Pool	(R) \$ Fit Joints Plus 1-2 pm Nikki Therapy Pool \$10/\$5M	SUNDAY
Aqua Jog 1-2 pm Sue Indoor Lap Pool	(R) \$ Aquajoints 9:45-10:45 am Becky Therapy Pool \$10/\$5 M	(R) BOQUA Balance 12:15-1 pm Tom Therapy Pool	(R) \$ Aquajoints 9:45-10:45 am Becky Therapy Pool \$10/\$5M		(R) Ai Chi 8:30-9:30 am Bonnie Therapy Pool
(R) Jump Rope Express 5-5:30 pm Tim Group Ex Studio	(R) \$ Fit Joints Plus 10:45-11:45 am Nikki Therapy Pool \$10/\$5M	Aqua Jog 1-2 pm Sue Indoor Lap Pool	(R) \$ Fit Joints Plus 10:45-11:45 am Pam Therapy Pool \$10/\$5M		(R) Muscle Tuf 9:30-10:30 am Irina Group Ex Studio
\$ Slow Flow Vinyasa Yoga 6-6:45 pm Kathy Group Ex Studio Runs 1/4-2/22 \$80	(R) Silver Sneakers Classic 11-11:45 am Jim Group Ex Studio	\$ HIIT 5:15-6 pm Group Ex Kylie 1/6-2/24 \$60	\$ Yoga for Energy 10:45-11:45 am Ashley Group Ex Runs 1/7-2/25 \$80		
BOQUA 6-7 pm Tom Indoor Lap Pool	BOQUA 11 am-Noon Tom Indoor Lap Pool	Hi-Low Aqua 6-7 pm Sheryl Indoor Lap Pool	BOQUA 6-7 pm Tom Indoor Lap Pool		
(R) Ai Chi 6-7 pm Bonnie Backer Therapy Pool	(R) BOQUA Balance 5:30-6:15 pm Tom Backer Therapy Pool				

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

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

\$ PUNCH CARDS

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

Register for land programs

JCCindy.org/schedules