

# MAY GROUP EXERCISE SCHEDULE

Schedule subject to change.

Effective beginning MAY 1, 2021

- \$ = Fee required. See below or visit [JCCindy.org/programs](http://JCCindy.org/programs) for rates and dates.
- 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 after use.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No class 5/17, 5/31					
<b>Cycling</b> 8:30-9:30 am Jim Group Ex Studio	<b>Aqua Jog</b> 7-8 am Sheryl Indoor Lap Pool	<b>Cycling</b> 8:30-9:30 am Jim Group Ex Studio	<b>Aqua Jog</b> 7-8 am Sheryl Indoor Lap Pool	<b>Cycling</b> 8:30-9:30 am Jim Group Ex Studio	<b>Jump Rope and Shadow Boxing</b> 9-10 am Tim Small Gym
<b>\$ Aquajoints</b> 9:50-10:45 am Pam Backer Therapy Pool \$10/\$5M	<b>Aqua Jog</b> 8-9 am Gail Indoor Lap Pool	<b>\$ Aquajoints</b> 9:50-10:45 am Pam Therapy Pool \$10/\$5M	<b>Aqua Jog</b> 8-9 am Gail Indoor Lap Pool	<b>BOQUA</b> 9-10 am Tom Indoor Lap Pool	<b>BOQUA</b> 9:30-10:30 am Tom Indoor Lap Pool
<b>\$ Fit Joints Plus</b> 10:45-11:45 am Nikki Therapy Pool	<b>\$ Half N Half Yoga</b> 9-10 am Ashley Group Ex \$80 Starts May 11	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Nikki Therapy Pool	<b>\$ Aquajoints</b> 9:45-10:45 am Becky Therapy Pool \$10/\$5M	<b>Aqua Jog</b> 1-2 pm Sue Indoor Lap Pool	<b>SUNDAY</b>
<b>\$ Zumba</b> 10:45-11:45 am Melanie Group Ex \$50, Starts May 3	<b>\$ Aquajoints</b> 9:45-10:45 am Becky Therapy Pool \$10/\$5M	<b>\$ BOQUA Balance</b> 12:15-1 pm Tom Therapy Pool \$10/\$5M	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Pam Therapy Pool \$10/\$5M	<b>\$ Fit Joints Plus</b> 1-2 pm Nikki Therapy Pool	<b>Ai Chi</b> 8:30-9:30 am Bonnie Therapy Pool
<b>Aqua Jog</b> 1-2 pm Sue Indoor Lap Pool	<b>\$ Fit Joints Plus</b> 10:45-11:45 am Pam Therapy Pool \$10/\$5M	<b>Aqua Jog</b> 1-2 pm Sue Indoor Lap Pool	<b>\$ Yoga for Energy</b> 10:45-11:45 am Ashley Pescovitz Dance \$80 Starts May 13		<b>Muscle Tuf</b> 9:30-10:30 am Irina Group Ex Studio
<b>Jump Rope Express</b> 5-5:30 pm Tim Group Ex Studio	<b>Silver Sneakers Classic</b> 11-11:45 am Jim Group Ex Studio	<b>\$ HIIT</b> 5:15-6 pm Kylie Front lawn (outdoors) \$50 Runs thru Jun 16	<b>Silver Sneakers Classic</b> 11-11:45 am Jim Group Ex Studio		
<b>\$ Slow Flow Vinyasa Yoga</b> 6-6:45 pm Kathy Group Ex Studio \$80 Starts May 3	<b>BOQUA</b> 11 am-Noon Tom Indoor Lap Pool	<b>Hi-Low Aqua</b> 6-7 pm Sheryl Indoor Lap Pool	<b>BOQUA</b> 6-7 pm Tom Indoor Lap Pool		
<b>BOQUA</b> 6-7 pm Tom Indoor Lap Pool	<b>\$ BOQUA Balance</b> 5:30-6:15 pm Tom Therapy Pool \$10/\$5M				
<b>Ai Chi</b> 6-7 pm Bonnie Backer Therapy Pool					

## ALERTS FOR STUDIO CLASSES

Text "@jccGrpX" to "81010". Answer "S" to confirm.

## AQUATICS ALERTS

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

## \$ PUNCH CARDS

**BOQUA Balance, Aquajoints and Fitjoints Plus**  
10 punches: \$80/\$40 M

Register for fee-based programs  
[JCCindy.org/programs](http://JCCindy.org/programs)


## Holiday

## HOURS

### Erev Shavuot

.....Sun, May 16 | Close at 5 pm

### Shavuot

..... Mon, May 17 |  Closed

### Memorial Day

.....Mon, May 31 | Open 9 am-5 pm

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