

GROUP EXERCISE, CYCLE & THE WELL SCHEDULE

October 1 - 31

**All classes in the Group Ex studio unless otherwise noted*

MON	TUES	WED	THURS	FRI	SAT	SUN
CYCLE with Tim <i>Cycle Room</i> 6:00-7:00 am	PILATES with Kerry 9:00-9:45 am	GENTLE YOGA with P'Nut 10:30-11:30am	BODYPUMP with Preston <i>Banks Gym</i> 6:00-7:00 am	CYCLE with Joyce W. <i>Cycle Room</i> 6:00-7:00 am	GENTLE YOGA with Dee/Dione 9:00-10:00 am	BODYCOMBAT with Paula <i>Banks Gym</i> 9:00-10:00 am
GENTLE YOGA with Dione 9:00-10:00 am	FLOW YOGA with Annie 10:15-11:15 am	<i>Live Stream</i> ZUMBA with P'Nut <i>Banks Gym</i> 12:00-1:00 pm	PILATES with Sally 9:00-9:45 am	GENTLE YOGA with Dee 9:00-10:00 am	CYCLE with Joyce G. <i>Cycle Room</i> 9:15-10:15 am	BOOTCAMP with Amy <i>Banks Gym</i> <i>or Outside</i> 10:30-11:30 am
CXWorx with Linda <i>Banks Gym</i> 9:30-10:00 am	SILVER SNEAKERS with Dee 1:30-2:30 pm	SILVER SNEAKERS YOGA with Siv 1:30-2:30 pm	CYCLE with Joyce G. <i>Cycle Room</i> 9:20-10:20 am	FIT & FAB with Preston/Dee 10:30-11:30 am	BODYPUMP with Katie C. <i>Banks Gym</i> 10:00-11:00 am	ZUMBA GOLD with Jill 10:30-11:30 am
FIT & FAB with Dee 10:30-11:30 am	SILVER SNEAKERS with Alana 3:00-4:00 pm	BODYPUMP with Margaret <i>Banks Gym</i> 4:30-5:30 pm	SILVER SNEAKERS with Dee 1:30-2:30 pm	ZUMBA with Jill <i>Banks Gym</i> 12:00-1:00 pm	CXWorx with Linda 11:05-11:35 am	<i>Live Stream</i> GENTLE YOGA with P'Nut 1:15-2:15 pm
SILVER SNEAKERS YOGA with Dee 1:30-2:30 pm	CYCLE with Charles <i>Cycle Room</i> 5:30-6:30 pm	CXWorx with Linda 5:35-6:05 pm	ZUMBA with Jill <i>Banks Gym</i> 6:00-7:00 pm		THE WELL STRENGTH - \$ with Linda <i>Banks Gym/ Outside</i> 8:30-9:15 am	<i>Live Stream</i> FLOW YOGA with P'Nut 2:45-3:45 pm
BODYPUMP with Ben <i>Banks Gym</i> 5:15-6:15 pm	THE WELL PERFORMANCE - \$ with Amy <i>Banks Gym/ Outside</i> 9:30-10:30 am	THE WELL PERFORMANCE - \$ with Amy <i>Banks Gym/ Outside</i> 9:30-10:30 am				
CXWorx with Linda 6:20-6:50 pm						
THE WELL STRENGTH - \$ with Linda <i>Banks Gym/ Outside</i> 8:30-9:15 am						

Live Stream Classes will be held in person and filmed real time at the JCC. These classes are also available to be viewed via Zoom during noted class times for members who would like to participate virtually.

Please Note: Classes are subject to change. Please visit weinsteinjcc.org for the most up-to-date schedule.

\$ = additional fee required