

GROUP EXERCISE SCHEDULE

April 1 - 30

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	CYCLE with Sherry <i>Cycle Room</i> 9:20-10:20 am	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	BODY PUMP with Kerry <i>Banks Gym</i> 10:00-11:00 am	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> or <i>Outside</i> 10:30-11:30 am
CORE with Linda <i>Banks Gym</i> 9:30-10:00 am	BARRE UNHITCHED with Kerry 12:00-12:45 pm	GENTLE YOGA with Siv 12:15-1:15 pm	CYCLE with Joyce G. <i>Cycle Room</i> 9:20-10:20 am	FIT & FAB with 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 Dee 1:30-2:30 pm	SILVER SNEAKERS YOGA with Siv 1:30-2:30 pm	FLOW YOGA with Annie 10:15-11:15 am	ZUMBA with Jill <i>Banks Gym</i> 12:00-1:00 pm	CORE 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	BODYPUMP with Margaret <i>Banks Gym</i> 4:30-5:30 pm	ZUMBA GOLD with Jill <i>Banks Gym</i> 11:00 am-12:00 pm	PILATES EXPRESS with Dee 11:45am-12:15 pm		<i>Live Stream</i> FLOW YOGA with P'Nut 2:45-3:45 pm
BODYPUMP with Ben <i>Banks Gym</i> 5:30-6:30 pm	GENTLE YOGA with Leanna 6:30-7:30 pm	CORE with Linda 5:35-6:05 pm	GENTLE YOGA with Dee 12:15-1:15 pm	SILVER SNEAKERS with Dee 12:30-1:30 pm		
CORE with Linda 6:35-7:05 pm	IN PERSON VIRTUAL LES MILLS RPM CYCLE Tuesdays 6:00 am Wednesdays 6:00 pm		SILVER SNEAKERS with Dee 1:30-2:30 pm	ZUMBA with Jill <i>Banks Gym</i> 6:00-7:00 pm		

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.

Denotes
NEW Class



Please see our WELL schedule for all of our monthly class offerings.

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