

Group Fitness

Effective March 1-31 2017

Find our Schedule online at
www.jccrochester.org
 Val Redmond 461-2000 x 271
vredmond@jccrochester.org



Monday

5:45am	BodyPump™	60 min	DGX Studio	Marcy
9:00am	BodyStep™	60 min	DGX Studio	Joween
9:15am	Cardio Fit	60 min	UGX Studio	Kathy
10:00am	Zumba®	45 min	Dance Studio	Val
10:15am	BodyPump™	60 min	DGX Studio	Joween
10:45am	Barre	45 min	Dance Studio	Val
10:45am	*TRX Level 1	45 min	TRX Studio	Becky
11:00am	SilverSneakers® Classic	45 min	UGX Studio	Bev
4:45pm	Barre	45 min	Dance Studio	Shara
5:45pm	BodyPump™	60 min	DGX Studio	Diane/Steve
5:45pm	Zumba®	60 min	UGX Studio	Mahalie
7:00pm	Kitchen Sink	60 min	UGX Studio	Dennis

Tuesday

5:45am	Zumba®	60 min	Dance Studio	Steve C.
9:00am	Core & More	45 min	UGX Studio	Kathy
9:00am	BodyAttack™	60 min	DGX Studio	Rhonda
9:30am	Swing	30 min	Dance Studio	Meghana
10:00am	Line Dance	30 min	Dance Studio	Kathy
10:00am	Healthy Back	45 min	UGX Studio	Joween
11:00am	SilverSneakers® Circuit	45 min	UGX Studio	Kathy
12:15pm	Stations	45 min	DGX Studio	Bev
5:15pm	Cardio Kick & Step	60 min	UGX Studio	Dennis
5:45pm	Kettlebells	60 min	DGX Studio	Michael
6:45pm	Zumba®	60 min	Dance Studio	Steve C.
7:00pm	BodyPump™	45 min	DGX Studio	Carly T

Wednesday

5:45am	BodyPump™	60 min	DGX Studio	Marcy
9:00am	BodyPump™	60 min	DGX Studio	Rhonda
9:15am	Cardio Fit	60 min	UGX Studio	Kathy
10:00am	STRONG by Zumba®	45 min	Dance Studio	Val
10:45am	Barre	45 min	Dance Studio	Val
11:00am	Zumba® Gold	45 min	UGX Studio	Dylan
4:45pm	Barre	45 min	Dance Studio	Diane
4:45pm	Stations	45 min	UGX Studio	Bev
5:45pm	BodyPump™	60 min	DGX Studio	Joween
5:45pm	Werq®	60 min	UGX Studio	Monique

Thursday

9:00am	Core & More	45 min	UGX Studio	Janet
9:30am	NIA Dance	60 min	Dance Studio	Netta
10:00am	Healthy Back	45 min	UGX Studio	Joween
10:15am	BodyPump™	60 min	DGX Studio	Rhonda
11:00am	SilverSneakers® Classic	45 min	UGX Studio	Joween
5:15pm	Cardio Kick & Step	45 min	UGX Studio	Dennis
5:45pm	H.I.I.T.	60 min	Gym	Michael
6:30pm	*TRX Level 1	45 min	TRX Studio	Ursula
6:45pm	Zumba®	60 min	Dance Studio	Steve C.
7:00pm	BodyPump™	45 min	DGX Studio	Carly

Friday

5:45am	BodyPump™	60 min	DGX Studio	Marcy
9:00am	BodyAttack™	60 min	DGX Studio	Shara
9:15am	Cardio Fit	60 min	UGX Studio	Kathy
10:00am	Zumba®	45 min	Dance Studio	Val
10:00am	*TRX Intermediate	45 min	TRX Studio	Michael
10:15am	BodyPump™	60 min	DGX Studio	Diane
11:00am	SilverSneakers® Circuit	45 min	UGX Studio	Kathy
11:15am	Body In Motion	60 min	Dance Studio	Christopher

Saturday

8:30am	H.I.I.T.	60 min	Gym	Michael
8:45am	BodyStep™	60 min	DGX Studio	Suzu
10:00am	BodyPump™	60 min	DGX Studio	Carly
10:15am	Barre	45 min	Dance Studio	Melissa
11:00am	Zumba®	60 min	UGX Studio	Mandi
12:30pm	BodyPump™	60 min	DGX Studio	Diane/Chris
1:45pm	Body In Motion	60 min	Dance Studio	Christopher

Sunday

9:15am	Zumba®	60 min	UGX Studio	Kaydian
9:30am	Cardio Kick & Pump	60 min	DGX Studio	Karyn
10:00am	*TRX Intermediate	45 min	TRX Studio	Carolyn
11:00am	BodyPump™	60 min	DGX Studio	Steve R.
11:00am	Silver&Fit® Experience	45 min	UGX Studio	Andrea
6:30pm	Beginner Israeli Dance	30 min	Dance Studio	Max
7:00pm	Israeli Dance & Instruction	2 hr	Dance Studio	Max

BodyPump™ participants MUST arrive 5 minutes early for equipment set up. For safety reasons, latecomers will not be admitted. For all other classes, arrive early to ensure a spot in class, once the doors have closed, the class is full.

*TRX: Must complete 6 level 1 classes to be eligible for the Intermediate classes.
 For more information, contact Val Redmond

Class Locations:
 Dance= Dance Studio TRX Studio = across from DGX Studio
 UGX Studio= Upstairs Group X Studio
 DGX Studio = Downstairs Group X Studio

A minimum of 10 regular participants are required to keep classes on the schedule.
 Children must be 14 or older to attend Group Fitness Classes
 Schedules are updated bi-monthly.
 Classes are subject to change.

