

MEMORIAL DAY

JCC GROUP FITNESS & AQUATICS CLASS SCHEDULE

Group Fitness Classes are included in all paid memberships & some insurance memberships. Classes with the (I) indicate that insurance members have access to these classes at no extra cost. Insurance members can upgrade their membership to include ALL classes for \$33/month. Classes with (R) indicate that registration is required due to limited space in class. Fitness classes that do not require registration are on a first come first serve basis.

TIME	CLASS	ROOM	INSTRUCTOR
8:30am	Pilates	MB	Carrie B
8:30am	Cardio Step (I)	UGX	Luciana R
9:00am	Aqua Aerobics	POOL	Andrea K
9:15am	TRX Power (R)	TRX	Carrie K
9:30am	Zumba	UGX	Doris T
9:30am	Outdoor Walk	LOBBY	Sanjay S
10:15am	LIT	TRX	Sanjay S