CLASS COLORS	CARDIO / STRENGTH	HERITAGE	RESERVED	PARKINSONS	SENIOR

FALL GROUP FITNESS SCHEDULE - *NEW LOCATION*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:30 AM **IN THE ZONE** *Irma* **GYM1A**	*6 - 7:00 AM ($)* **FALL INTO FITNESS ($)** *Denise* **TURF**	~~*6- 6:45 AM*~~ ~~**JBOX**~~ *Jason*	*6 - 7:00 AM ($)* **FALL INTO FITNESS ($)** *Denise* **TURF**	*5:30 - 6:30 AM* **IN THE ZONE** *Irma* **TURF**	
8:45 - 9:15 AM **CORE & MORE** *Andrea* **GYM1A**					*8:45 - 9:45 AM* **JBOX** *Jamie TBD*
	9 - 9:45 AM **JBOX** *Jason* **TURF**	*9 - 9:45 AM* **L.I.I.T.** *Aimee* **TURF**		*8:30 - 9:30 AM* **SENIOR STRETCH & RESTORE** *Piper* **DS3**	*10 - 11:00 AM* **WERQ** *Miranda TBD*
10:00 - 11:00 AM **Rock Steady Boxing +** *RSB Team* **GYM1A**		*10 - 10:30 AM* **CORE & MORE** *Monica* **TURF**		*9:45- 10:45 AM* **WERQ** *Anne* **DS3**	**SUNDAY**
11:00 - 12:00 PM **Rock Steady Boxing +** *RSB Team* **GYM1A**	*10 - 11:00 AM* **Rock Steady Boxing +** *RSB Team* **DS1**	*11:00 - 12 PM* **Rock Steady Boxing +** *RSB Team* **DS1**	*10 - 11:00 AM* **RSB Circuits** **Racquetball Court 1**	*11 - 12 PM* **Rock Steady Boxing +** *RSB Team* **DS3**	*8:15 - 9:15 AM* **ZUMBA** *Jamie TBD*
12- 1:00 PM **Rock Steady Boxing** *RSB Team* **GYM1A**	*11:00 AM - 1:00 PM* **Rock Steady Boxing** *RSB Team* **DS1**	*12 - 12:50 PM* **Rock Steady Boxing +** *Jay* **DS1**	*11:00 AM - 12 PM* **Rock Steady Boxing** *RSB Team* **DS1**	*12- 1:00 PM* **Rock Steady Boxing** *RSB Team* **DS3**	*9:30 - 10:30 AM* **JBOX** *Mike TBD*
1 - 2:00 PM **Dance for PD** *RSB Team* **DS3**		*1 - 2:00 PM* **Dance for PD** *RSB Team* **DS3**	*12 - 1:00 PM* **RSB + Mind & Body** *RSB Team* **DS1**		*10:00 - 11:00 AM* **JROX** **CROSSFIT ROOM**
	4:30 - 5:15PM **YOUTH JBOX ($)** *reserved* **TURF**			*5:00 - 6:00 PM* **WERQ** *Miranda* **DS3**	*11:00 AM - 12:00 PM* **BOLLYWOOD** *Shymaly TBD*
5:30 - 6:30 PM **WERQ** *Kirsten* **Social Hall**	*5:30 - 6:30 PM* **JBOX** **Racquetball Court 1**	*5:30 - 6:30 PM* **WERQ** **Racquetball Court 1**	*5:30 - 6:30 PM* **JBOX** **Racquetball Court 1**		
	6:30 - 7:30 PM **ZUMBA** **Racquetball Court 1**	*6:30 - 7:30 PM* **BODYCOMBAT** **Racquetball Court 1**	*6:30 - 7:30 PM* **ZUMBA** **Racquetball Court 1**		

Private Yoga and Pilates Reformer sessions available. Email Jennifer for information, jenniferL@thejkc.org

Youth 11-13 yrs may participate on space available and must be accompanied by an adult also participating.