

Group Fitness – December Holiday Schedule

Monday 12/24

(JCC open 5:00am-5:00pm)

- 8:00-8:50am Classical Pilates with Juliet S. – Studio B
- 9:00-10:00am Iyengar Yoga with Kirsten O – Studio B
- 9:00-10:00am HIIT with Courtney L. – Studio A
- 10:00-11:00am Zumba with Amy G. – Studio A
- 10:15-11:00am Pilates Fundamentals with Juliet S. – Studio B
- 10:30-11:30am Chair Yoga with Kirsten O. – Adult Lounge
- 11:00am-12:00pm Cardio Barre with Jenn Flores – Studio B

Tuesday 12/25

(JCC open 7:00am-12:00 noon)

We will have one class:

- 8:30-9:30am HIIT with Teresa Trobbe – Studio A

Monday 12/31

(JCC open 5:00am-5:00pm)

Regular morning schedule EXCEPT no 9:15am TRX class.

No classes in the afternoon.

Tuesday 1/1

(JCC open 6:00am-12:00 noon)

We will have two classes:

- 9:00-10:15am Zumba with Amy G.
- 10:30-11:30am Aqua Fit with Amy G.