

Group Exercise Classes

April 22, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM Spin Studio B Kelly	8:00 AM Spin Studio B Nicole	6:15 AM XZone Core 90 Xzone Jimmy	8:00 AM HIIT the track Track Donna	6:15 AM XZone Core 90 Xzone Jimmy	7:45 AM Bosu Boot Camp Track Donna	8:00 AM Spin Studio B Tracey
9:15 AM XZone HIIT Xzone Jimmy	8:30 AM Zumba Studio A Christian	8:00 AM Spin Studio B Nicole	8:00 AM Spin Studio B Nicole	7:45 AM XZone MIIT Track Nicole	8:00 AM Spin Studio B Tracey	8:15 AM TRX® Training Feinberg Donna
9:30 AM XZone MIIT Studio B Nicole	9:10 AM XZone HIIT Xzone Ralph	9:10 AM XZone HIIT Xzone Ralph	9:00 AM Kickboxing/ Intervals Studio A Isabel	8:00 AM Spin Studio B Professorfit	9:10 AM XZone HIIT Xzone Ralph	9:10 AM Zumba Studio B Christian
9:30 AM Metabolic Training Track Donna	9:00 AM Aquaize Pool Kevin	8:45 AM XZone MIIT Studio B Nicole	9:00 AM XZone LIIT Track Donna	8:30 AM Weights in Motion Studio B Professorfit	9:00 AM SS Circuit Studio B Diane B.	9:00 AM XZone HIIT Xzone Jimmy
10:30 AM Yoga Yoga Studio Denise	9:00 AM Tabata Studio B Nicole	9:15 AM Zumba Studio A Isabel	9:00 AM Aquaize Pool Kevin	9:00 AM Butt, Hips & Thighs Studio B Professorfit	9:00 AM Aquaize Pool Kevin	9:15 AM Barre Studio A Tracey
10:45 AM Zumba Studio B Paula	10:00 AM XZone LIIT Track Donna	9:15 AM AromaticYoga Yoga Studio Ava	9:10 AM XZone HIIT Xzone Ralph	9:10 AM XZone HIIT Xzone Ralph	9:00 AM XZone LIIT Track Donna	9:30 AM Fitness class Track Isabel
	10:00 AM Ageless Grace PD-SS Studio B Sharon	10:00 AM Fitness class Studio B Isabel	9:15 AM Vinyasa Yoga Yoga Studio Stacey	9:00 AM Core Essential Fitness Track Donna	9:15 AM AromaticYoga Yoga Studio Ava	10:10 AM SS Classic Studio B Carolyn
	11:00 AM SS Classic Studio B Karen	10:15 AM XZone Silver Xzone Professorfit	10:00 AM SS Classic Studio B Isabel	9:15 AM Vinyasa Yoga Yoga Studio Stacey	9:30 AM TRX® Training Feinberg Professorfit	
	1:00 PM Boxing Exercise PD-SS Studio B Rob	10:30 AM Power Fitness Fitness Ralph	1:00 PM Weights & Balance PD-SS Studio B Professorfit	9:30 AM Stretch & Kvetch Studio B Professorfit	10:00 AM SS Classic Studio B Diane B.	
	5:30 PM Aroma Yoga Yoga Studio Ava	10:45 AM Butt, Hips & Thighs Xzone Professorfit	6:00 PM XZone HIIT Xzone Ralph	10:00 AM Fitness class Studio B Isabel	10:30 AM Circuit Resistance Training Track Nicole	
	5:45 PM Cycle & Strength Studio B Maria	11:00 AM SS Yoga Stretch Studio B Isabel	6:15 PM BodyBlat Studio B Julia	10:30 AM Power Fitness Fitness Ralph	11:00 AM Zumba Studio B Diane B.	
	6:00 PM XZone HIIT Xzone Ralph	1:00 PM Workout & Stretch PD-SS Studio B Isabel	6:30 PM Zumba Studio A Paula	11:00 AM Rhythm & Move.-PD-SS Studio B Professorfit	1:00 PM Ageless Grace PD-SS Studio B Sharon	
	6:30 PM ZUMBA Studio A Paula	5:30 PM XZone LIIT Track Donna		1:00 PM Chair Yoga PD-SS Studio B Karen		
		6:00 PM XZone HIIT Xzone Ralph		6:00 PM XZone HIIT Xzone Ralph		
FITNESS CENTER HOURS		6:30 PM Spin Studio B Kelly		5:30 PM AromaticYoga Yoga Studio Ava		
MON-THU 6:00AM-10:00PM	FRIDAY 6:00AM-6:00PM			5:45 PM Spin Studio B Maria		
SATURDAY 8:00AM-5:00PM	SUNDAY 7:00AM-6:00PM					
POOL HOURS				6:00 PM Barre Studio A Tracey		
MON-THU 7:00AM-6:00PM	FRIDAY 7:00AM-5:30PM					
SATURDAY 8:00AM-4:30PM	SUNDAY 9:00AM-5:30PM					
					RACQUETBALL HOURS	
					MON-THU 6:00AM-9:00PM	FRIDAY 6:00AM-6:00PM
					SATURDAY 8:00AM-5:00PM	SUNDAY 9:00AM-5:30PM



SCAN ME

FOR CLASS

DESCRIPTION

FITNESS CENTER HOURS:

DAILY SESSION SCHEDULE			
Mon-Thu	Fri	Sa	Su
6:00 AM-10:00 PM	6:00 AM-6:00 PM	8:00 AM-5:00 PM	7:00 AM-6:00 PM

Pool Hours		Racquetball Court	
Mo-Th	7:00am-6:00pm	Mo-Th	6:00-9:00pm
F	7:00am-5:30pm	F	3:00-6:00pm
Sa	8:00am-4:30pm	Sa	8:00am-5:00pm
Su	9:00am-5:30pm	Su	9:00am-5:30pm



**David Posnack
JCC**

On the Nina & Louis Silverman Campus
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