

Group Fitness Classes

(Beginning March 1, 2021)

Time	Sunday Class	Studio	Instructor
8:00 AM	Spin	Studio B	Nicole
9:15 AM	XZone H.I.I.T	XZone	Jimmy
9:30 AM	Metabolic Resistance Training	Track	Donna
10:30 AM	XZone M.I.I.T.	Studio B	Nicole
10:30 AM	Yoga (online registration) ID# 954 849 0281	Zoom	Ysaac Denise

Time	Tuesday Class	Studio	Instructor
8:00 AM	Spin	Studio B	Alissa
9:00 AM	XZone H.I.I.T	XZone	Ralph
9:00 AM	XZone M.I.I.T.	Track	Nicole
10:15 AM	TRX® Suspension Training	Feinberg	Professorfit
10:30 AM	Power Fitness	Fitness	Ralph
10:30 AM	Fitness class	Studio B	Isabel
10:45 AM	Butt, Hips & Thighs	Feinberg	Professorfit
12:30 PM	Workout & Stretch PD-SS	Studio B	Isabel
5:30 PM	The Core Essentials	Track	Donna
6:00 PM	XZone H.I.I.T.	XZone	Ralph

Time	Thursday Class	Studio	Instructor
7:45 AM	XZone M.I.I.T.	Track	Nicole
8:00 AM	Spin	Studio B	Professorfit
8:30 AM	Weights & Movement	Studio B	Professorfit
9:00 AM	Butt, Hips & Thighs	Studio B	Professorfit
9:00 AM	XZone H.I.I.T	XZone	Ralph
9:00 AM	The Core Essentials	Track	Donna
10:30 AM	Power Fitness	Fitness	Ralph
10:30 AM	Yoga (online registration) ID# 954 849 0281	Zoom	Ysaac Annette
10:30 AM	Fitness class	Studio B	Isabel
12:30 PM	Chair Yoga PD-SS	Studio B	Karen
5:45 PM	Spin Tabata	Studio B	Nicole
6:00 PM	XZone H.I.I.T.	XZone	Ralph

Time	Saturday Class	Studio	Instructor
8:15 AM	Spin	Studio B	Alissa
9:15 AM	XZone H.I.I.T	XZone	Jimmy
9:30 AM	Circuit Resistance Training	Feinberg	Donna
9:30 AM	Fitness class	Track	Isabel
11:00 AM	Zumba	Studio B	Miryam

Time	Monday Class	Studio	Instructor
8:00 AM	Spin	Studio B	Nicole
9:00 AM	Aquasize	Pool	Kevin
9:00 AM	XZone H.I.I.T	XZone	Ralph
9:00 AM	Tabata	Studio B	Nicole
10:00 AM	XZone L.I.I.T.	Track	Donna
10:15 AM	TRX® Stretch	Feinberg	Ysaac
12:30 PM	Boxing Exercises PD-SS	Studio B	Rob
6:00 PM	XZone H.I.I.T.	XZone	Ralph
5:45 PM	Cycle, Rhythm & Strength	Studio B	Maria
7:00 PM	Stretch	XZone	Maria

Time	Wednesday Class	Studio	Instructor
7:45 AM	XZone L.I.I.T.	Track	Donna
8:00 AM	Spin	Studio B	Nicole
8:15 AM	Kickboxing/ Intervals	Studio A	Isabel
9:00 AM	XZone H.I.I.T	XZone	Ralph
9:00 AM	Power Hour	Track	Donna
9:15 AM	Yoga	Studio B	Stacey
10:30 AM	Yoga (online registration) ID# 954 849 0281	Zoom	Ysaac Annette
12:30 PM	Weights & Movement PD-SS	Studio B	Professorfit
6:00 PM	XZone H.I.I.T.	XZone	Ralph
6:15 PM	BodyBlast	Studio B	Julia

Time	Friday Class	Studio	Instructor
7:45 AM	Bosu Boot Camp	Track	Donna
8:00 AM	Spin	Studio B	Alissa
9:00 AM	XZone H.I.I.T	XZone	Ralph
9:00 AM	XZone L.I.I.T.	Track	Donna
10:30 AM	Yoga (online registration) ID# 954 849 0281	Zoom	Ysaac Annette
10:30 AM	Circuit Resistance Training	Feinberg	Nicole
12:30 PM	Ageless Grace PD-SS	Studio B	Sharon

PD-SS=Parkinson's & SilverSneakers class, available in person & online. Visit dpjcc.org/parkinsons for Zoom links.

*Members Only Class. Register at dpjcc.org. Zoom password given on registration receipt.

See back for Center hours & cleaning schedule



David Posnack
JCC

DAILY SESSION SCHEDULE			
MASKS REQUIRED AT ALL TIMES			
	Mon-Thu, Fri 'til 6:00pm	Sa	Su
6:00 AM	Open Gym	8:00 AM	7:00 AM
7:30 AM	Sanitize	9:30 AM	9:30 AM
8:00 AM	Open Gym	10:00 AM	10:00 AM
9:30 AM	Sanitize	11:30 AM	11:30 AM
10:00 AM	Open Gym	12:00 PM	12:00 PM
11:30 AM	Sanitize	1:30 PM	1:30 PM
12:00 PM	Open Gym	2:00 PM	2:00 PM
1:30 PM	Sanitize	3:30 PM	3:30 PM
2:00 PM	Open Gym	4:00 PM	4:00 PM
3:30 PM	Sanitize		
4:00 PM	Open Gym		
5:30 PM	Sanitize		
6:00 PM	Open Gym		
7:30 PM	Sanitize		
8:00 PM	Open Gym		

Pool Hours		Racquetball Court	
Mo-Th	7:00am-6:00pm	Mo-Th	6:00-9:00pm
F	7:00am-6:00pm	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