



Group Exercise Schedule September 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|--|--|
| VINYASA YOGA 5:45-6:30am Sue P.-JFlow | ZEN FLOW - H 7:15-8:15am Jana-JFlow | XTREME MASHUP 5:30-6:15am Christine-J360 | UGI BALL 5:45-6:30am Ashley-J360 | XTREME MASHUP 5:30-6:15am Ashley-J360 | CYCLING 8-8:45am Beth/Jana-JCycle | CYCLING 8:15-8:45 am Beth/Laurie-JCycle |
| GENTLE YOGA - H 8-8:45am Amy-Jflow | SCULPT & TONE - H 815-9am Mikki-J360 | CYCLING 6:30-7am Christine-JCycle | CYCLING 8-8:30am Christine-JCycle | CYCLING 6:30-7am Ulrica-JCycle | YOGA STRETCH & FLOW 8-8:45am Sheryl-JFlow | BODY PUMP 8-8:45am Beverly-J360 |
| BODYPUMP 8:15-9am Joyce -J360 | TAI CHI 9:30-10:30am Morris-J360 | GENTLE YOGA - H 8-8:45am Amy- JFlow | SCULPT & TONE - H 8:30-9:15am Mikki-J360 | GENTLE VINYASA - H 8-8:45am Sue P.-JFlow | XTREME MASHUP 9-9:45am Beth/Jana - J360 | BARRE INTENSITY 9-9:45am- NEW! Melissa - JFlow |
| XCORE 9:30-10:30am Jana-J360 | CYCLING 9:15-10am Shanni-JCycle | BODY PUMP - H 8:30-9:15am Rebecca-J360 | BEGINNER YOGA 9-9:45am Pam - Jflow- NEW! | CYCLING 8:30-9am Rebecca-JCycle | BARRE ABOVE - H 9:30-10:30am Karen/Dana - JFlow | CARDIO KICKBOXING 10-10:45am Laurie - JFlow |
| CYCLING 10-10:45am Kellie-JCycle | BARRE ABOVE - H 9:30-10:30am Jana -JFlow | CYCLING 9-9:30am Beth - JCycle | BE FIT COMBO 10-10:45am Patty - J360 | ZEN FIT BOOTCAMP - H 9:30-10:30am Jana-JFlow | ZUMBA 10:40-11:40am Joan/Maribel-J360 | MAT PILATES - H 10:35-11:20am Eileen-J360 |
| MAT PILATES 10-10:45am Eileen-JPilates | ZUMBA - H 10:45-11:45am Shannan -J360 | ZEN FLOW 9:30-10:30am Amy-JFlow | ZUMBA 10-10:45am Shamsun-JFlow | BODY PUMP - H 9:30-10:15am Rebecca-J360 | | SLOW FLOW 11-12pm Deepal-JFlow |
| GENTLE YOGA 10:30-11:15m Alyssa-JFlow | TAI CHI 11-12pm Morris-JFlow | SCULPT & TONE - H 9:40-10:25am Beth-J360 | GENTLE YOGA - H 11-12pm Susan-JFlow | GENTLE ALIGNMENT YOGA 9:45-10:45am Ruth-Wellness | | |
| BEFIT COMBO 10:45-11:30am Patty-J360 | SLOW FLOW YOGA 12:15-1:15pm Deepal-JFlow | Forever Fit 10-10:45am- NEW! Christine - Wellness | TOTAL BODY CONDITIONING 11:00am-12:00pm Melissa-J360- NEW! | MAT PILATES - H 10:30-11:15am Melanie-J360 | | |
| BARRE INTENSITY 11:30am-12:15pm Melissa- Jflow- NEW! | CHAIR FLOW YOGA 1-1:45pm Sue P. - J360 NEW! | Virtual Only- BARRE ABOVE 10:45-11:30AM-Zoom Natalie | TAI CHI - H 12:15-1:15 Morris-JFlow | MEDITATION 10:45-11:15am Ruth-Wellness | | |
| TAI CHI 1-2pm Morris-JFlow | CYCLING 5-5:45pm Laurie- JCycle | FIT FOR LIFE 12:15-1PM Shamsun - J360- | STRENGTH & BALANCE 1-2pm Marjie-J360 NEW! | | | |
| STRENGTH & BALANCE 1-2pm Marjie-J360 | ZEN FLOW YOGA - H 6-7PM Susan-JFlow | GENTLE YOGA 12:30-1:30 Connie-Wellness | CYCLE 4:45-5:30pm Shanni-JCycle | | | |
| XTREME MASHUP 6-7pm Ashley-J360 | BODY PUMP 7-7:45PM Sheryl-J360 | TAI CHI 1-2pm Morris-JFlow | VINYASA FLOW - H 6-7pm Spencer - Jflow | | | |
| CYCLING 6:15-6:45pm Joyce-JCycle | MAT PILATES 7:05-7:50pm Eileen-JPilates | ADVANCED TAI CHI - H 2-3pm Morris-J360 | ZUMBA - H 7:15-8pm Maribel-J360 | | | |
| BARRE ABOVE - H 6:15-7pm Karen-JFlow | HOUSE PARTY FITNESS - H 7:15-8pm Anne-JFlow | CARDIO KICKBOX 6-6:45pm Laurie- J360 | | | | |
| GENTLE VINAYSA 7:15-8pm Amy-JFlow | | BARRE ABOVE - H 6:15-7pm Dana- JFlow | | | | |
| ZUMBA - H 7:15-8pm Karen -J360 | | CYCLING 6:15-7pm Kellie-JCycle | | | | |
| | | ZUMBA 7:15-8pm Shamson-J360 | | | | |
| | | SLOW FLOW YOGA 7:15-8:15pm Deepal-JFlow | | | | |

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| Schedule Key |
| <i>Mind & Body</i> |
| <i>Cycling</i> |
| <i>Cardio/Strength</i> |
| <i>Zumba/Dance</i> |
| <i>H= Hybrid Classes</i> |
| = <i>Beginner Friendly</i> |