

JCCMW Group Fitness Classe

April 2024

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---------------------|--|---|--|---|--|-------------|
| | | | | | 1 | 2 |
| | | | | | Body Sculpt 9:45-10:45 AM; Yogalates 11:00-12:00 PM; Pilates 1: 30-2:15 PM | |
| 3 | 1 | 2 | 3 | 4 | 5 | 6 |
| Tai Chi 11 AM-12 PM | Aqua Pilates 10:00-10:50 AM; Gentle Yoga 11:15-12:30 PM; Tai Chi 12:30-1:30 PM | Zumba/Dance Cardio 9:30- 10:15 AM; Chair Yoga 11:30-12: 30 PM | Body Sculpt 9:45-10:45 AM; Gentle Yoga 11:15-12:30 PM | Aqua Stretch 10:00-10:30 AM; Aqua Aerobics 10:30-11: 35 AM; Chair Yoga 11:45-12:45 PM | Body Sculpt 9:45-10:45 AM; Yogalates 11:00-12:00 PM; Pilates 1: 30-2:15 PM | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Tai Chi 11 AM-12 PM | Aqua Pilates 10:00-10:50 AM; Gentle Yoga 11:15-12:30 PM; Tai Chi 12:30-1:30 PM | Zumba/Dance Cardio 9:30- 10:15 AM; Chair Yoga 11:30-12: 30 PM | Body Sculpt 9:45-10:45 AM; Gentle Yoga 11:15-12:30 PM | Aqua Stretch 10:00-10:30 AM; Aqua Aerobics 10:30-11: 35 AM; Chair Yoga 11:45-12:45 PM | Body Sculpt 9:45-10:45 AM; Yogalates 11:00-12:00 PM; Pilates 1: 30-2:15 PM | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Tai Chi 11 AM-12 PM | Aqua Pilates 10:00-10:50 AM; Gentle Yoga 11:15-12:30 PM; Tai Chi 12:30-1:30 PM | Zumba/Dance Cardio 9:30- 10:15 AM; Chair Yoga 11:30-12: 30 PM | Body Sculpt 9:45-10:45 AM; Gentle Yoga 11:15-12:30 PM | *Functional Pilates: 9:30-10: 15; Aqua Stretch 10:00-10:30 AM; Aqua Aerobics 10:30-11: 35 AM; Chair Yoga 11:45-12:45 PM | Body Sculpt 9:45-10:45 AM; Yogalates 11:00-12:00 PM; Pilates 1: 30-2:15 PM | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Tai Chi 11 AM-12 PM | Aqua Pilates 10:00-10:50 AM; Gentle Yoga 11:15-12:30 PM; Tai Chi 12:30-1:30 PM | Zumba/Dance Cardio 9:30- 10:15 AM; Chair Yoga 11:30-12: 30 PM | Body Sculpt 9:45-10:45 AM; Gentle Yoga 11:15-12:30 PM | *Functional Pilates: 9:30-10: 15; Aqua Stretch 10:00-10:30 AM; Aqua Aerobics 10:30-11: 35 AM; Chair Yoga 11:45-12:45 PM | Body Sculpt 9:45-10:45 AM; Yogalates 11:00-12:00 PM; Pilates 1: 30-2:15 PM | |
| 28 | 29 | 30 | | | | |
| Tai Chi 11 AM-12 PM | | | | | | *New Class! |

