

JCCMW Fitness Programs

March

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
					Body Sculpt 9:45-10:45AM; Yogalates 11:00-12:00PM; Pilates 1: 30-2:15PM	
3	4	5	6	7	8	9
Tai Chi 11 AM-12 PM	Aqua Pilates 10:00-10:50AM; Gentle Yoga 11:15-12:30PM; Tai Chi 12:30-1:30PM	Zumba/Dance Cardio 9:30- 10:15AM; Chair Yoga 11:30-12: 30PM	Body Sculpt 9:45-10:45AM; Gentle Yoga 11:15-12:30PM	Aqua Stretch 10:00-10:30AM; Aqua Aerobics 10:30-11:35AM; Chair Yoga 11:45-12:45PM	Body Sculpt 9:45-10:45AM; Yogalates 11:00-12:00PM; Pilates 1: 30-2:15PM	
10	11	12	13	14	15	16
Tai Chi 11 AM-12 PM	Aqua Pilates 10:00-10:50AM; Gentle Yoga 11:15-12:30PM; Tai Chi 12:30-1:30PM	Zumba/Dance Cardio 9:30- 10:15AM; Chair Yoga 11:30-12: 30PM	Body Sculpt 9:45-10:45AM; Gentle Yoga 11:15-12:30PM	Aqua Stretch 10:00-10:30AM; Aqua Aerobics 10:30-11:35AM; Chair Yoga 11:45-12:45PM	Body Sculpt 9:45-10:45AM; Yogalates 11:00-12:00PM; Pilates 1: 30-2:15PM	
17	18	19	20	21	22	23
Tai Chi 11 AM-12 PM	Aqua Pilates 10:00-10:50AM; Gentle Yoga 11:15-12:30PM; Tai Chi 12:30-1:30PM	Zumba/Dance Cardio 9:30- 10:15AM; Chair Yoga 11:30-12: 30PM	Body Sculpt 9:45-10:45AM; Gentle Yoga 11:15-12:30PM	Aqua Stretch 10:00-10:30AM; Aqua Aerobics 10:30-11:35AM; Chair Yoga 11:45-12:45PM	Body Sculpt 9:45-10:45AM; Yogalates 11:00-12:00PM; Pilates 1: 30-2:15PM	
24	25	26	27	28	29	30
Tai Chi 11 AM-12 PM	Aqua Pilates 10:00-10:50AM; Gentle Yoga 11:15-12:30PM; Tai Chi 12:30-1:30PM	Zumba/Dance Cardio 9:30- 10:15AM; Chair Yoga 11:30-12: 30PM	Body Sculpt 9:45-10:45AM; Gentle Yoga 11:15-12:30PM	Aqua Stretch 10:00-10:30AM; Aqua Aerobics 10:30-11:35AM; Chair Yoga 11:45-12:45PM	Body Sculpt 9:45-10:45AM; Yogalates 11:00-12:00PM; Pilates 1: 30-2:15PM	
31						
Tai Chi 11 AM-12 PM						

