

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; *Ballet Fitness 7:00-8:00 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; *Ballet Fitness 7:00-8:00 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; *Ballet Fitness 7:00-8:00 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!

