

JCCMW Group Fitness Classes

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: 1:30-2:30 PM	
3	1	2	3	4	5	6
Tai Chi: 11:00 AM-12:00 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	Pilates: 9:00-10:00 AM; 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: 1:30-2:30 PM	
7	8	9	10	11	12	13
Tai Chi: 11:00 AM-12:00 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	Pilates: 9:00-10:00 AM; 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: 1:30-2:30 PM	
14	15	16	17	18	19	20
Tai Chi: 11:00 AM-12:00 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 AM; 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: 1:30-2:30 PM	
21	22	23	24	25	26	27
Tai Chi: 11:00 AM-12:00 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 AM; 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: 1:30-2:30 PM	
28	29	30				
Tai Chi: 11:00 AM-12:00 PM						*New Class!

