

# JCCMW Group Fitness Classes

# May 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			Pilates: 9:00-10:00 AM; Body Sculpt: 9:45-10:45 AM; Gentle Yoga: 11:15-12:30 PM	Functional Pilates: 9:30-10:15; 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	
5	6	7	8	9	10	11
Tai Chi: 11:00 AM-12:00 PM	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	Functional Pilates: 9:30-10:15; 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	
12	13	14	15	16	17	18
Tai Chi: 11:00 AM-12:00 PM	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	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	
19	20	21	22	23	24	25
Tai Chi: 11:00 AM-12:00 PM	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	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	
26	27	28	29	30	31	
Tai Chi: 11:00 AM-12:00 PM	MEMORIAL DAY - BUILDING CLOSED	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	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	

