

# JCCMW Group Fitness Classes

# July 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	<b>Total Body Fitness:</b> 10:00–11:00 AM; <b>Gentle Yoga:</b> 11:15–12:15 PM; <b>Tai Chi:</b> 12:30–1:30 PM	<b>Dance Cardio:</b> 10:00–11:00 AM; <b>Chair Yoga:</b> 11:30 AM–12:30 PM	<b>Body Sculpt:</b> 10:00–11:00 AM; <b>Gentle Yoga:</b> 11:15–12:15 PM	<b>HAPPY FOURTH! NO CLASSES TODAY!</b>	<b>Body Sculpt:</b> 10:00–11:00 AM; <b>Yogalates:</b> 11:15–12:00 PM; <b>Dance Cardio:</b> 12:00–2:30 PM	
7	8	9	10	11	12	13
<b>Total Body Fitness:</b> 10:00–11:00 AM; <b>Tai Chi:</b> 11:00 AM–12:00 PM	<b>Total Body Fitness:</b> 10:00–11:00 AM; <b>Gentle Yoga:</b> 11:15–12:15 PM; <b>Tai Chi:</b> 12:30–1:30 PM	<b>Dance Cardio:</b> 10:00–11:00 AM; <b>Chair Yoga:</b> 11:30 AM–12:30 PM	<b>Body Sculpt:</b> 10:00–11:00 AM; <b>Gentle Yoga:</b> 11:15–12:15 PM	<b>Aqua Stretch</b> 8:30–9:00 AM; <b>Aqua Aerobics</b> 9:15–10:00 AM; <b>Zumba:</b> 9:00–9:45 AM; <b>Chair Yoga</b> 11:30 AM–12:30 PM	<b>Body Sculpt:</b> 10:00–11:00 AM; <b>Yogalates:</b> 11:15 AM–12:00 PM; <b>Dance Cardio:</b> 12:00–2:30 PM	
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7	8	23	24	25	26	27
<b>Total Body Fitness:</b> 10:00–11:00 AM; <b>Tai Chi:</b> 11:00 AM–12:00 PM	<b>Total Body Fitness:</b> 10:00–11:00 AM; <b>Gentle Yoga:</b> 11:15–12:15 PM; <b>Tai Chi:</b> 12:30–1:30 PM	<b>Dance Cardio:</b> 10:00–11:00 AM; <b>Chair Yoga:</b> 11:30 AM–12:30 PM	<b>Body Sculpt:</b> 10:00–11:00 AM; <b>Gentle Yoga:</b> 11:15–12:15 PM	<b>Aqua Stretch</b> 8:30–9:00 AM; <b>Aqua Aerobics</b> 9:15–10:00 AM; <b>Zumba:</b> 9:00–9:45 AM; <b>Chair Yoga</b> 11:30 AM–12:30 PM	<b>Body Sculpt:</b> 10:00–11:00 AM; <b>Yogalates:</b> 11:15 AM–12:00 PM; <b>Dance Cardio:</b> 12:00–2:30 PM	
28	29	30	31			
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				<b>Aqua Classes in BLUE</b> <b>New Class in ORANGE</b>		

