

GROUP FITNESS CLASS SCHEDULE

December 2nd thru December 8th



www.jccDet.org/fitness (all classes are 55 min. unless specifically noted)

Sunday, December 2			
Time	Class	Location	Instructor
8:15 a.m.	Spinning™ *	SS	Kari
8:30 a.m.	Step	AR	Lynn D
8:30 a.m.	TRX Express (w/ core)	TRX	Jenny
9:30 a.m.	Muscle Jam	AR	Toni H
9:30 a.m.	Wet Jam	P	Peggy
9:30-11:00 a.m.	Gentle Yoga	YS	Steve
9:45 a.m.	Spin 101-intro and up!	SS	Natalie
10:40 a.m.	ZUMBA!	AR	Devra G

Monday, December 3			
Time	Class	Location	Instructor
6:00 a.m.	FIT CAMP	AR	Lynn D
8:15 a.m.	Muscle Jam	AR	Lisa S
8:30 a.m.	Body Awareness	DS	Deb I
9:15 a.m.	Aqua H.I.I.T	P	Peggy
9:15 a.m.	NIA	AR	Patricia
9:30-10:45 a.m.	Classical Yoga	YS	Bharti
10:15 a.m.	Body Work	AR	Diane H
10:15 a.m.	Aqua Cardio-Core	P	Deb A
11:15 a.m.	Basic Back Care	AR	Frank
5:15 p.m.	Kickboxing!	AR	Toni H
6:00 p.m.	Center Barre	DS	Deb A
6:00 p.m.	Wet Jam	P	Deb I

Tuesday, December 4			
Time	Class	Location	Instructor
6:00 a.m.	Spinning™ *	SS	Deb W
7:45 a.m.	Advanced Water Works-NEW	P	Marci
8:00 a.m.	Healthy Backs	YS	Nancy P
8:15 a.m.	Abs & Up	AR	Lynn D
9:00 a.m.	Hydro tone	P	Deb I
9:15 a.m.	Super Step	AR	Lynn D
9:15 a.m.	Spinning™ *	SS	Kari
9:15 a.m.	Essential Pilates	YS	Nichole F
10:15 a.m.	Wet Jam	P	Karen O
10:15 a.m.	ZUMBA!	AR	Pam
10:15 a.m.	TRX! *	TRX	Kari
11:15 a.m.	Sit and Be Fit	AR	Marci
5:15 p.m.	Tabata w/ weights	AR	Toni H
6:00 p.m.	Piyo-New Class	YS	Toni H
6:30 p.m.	Spinning™ *	SS	Natalie

AR=Aerobics Room

DS = Dance Studio

P = Pool

SS = Spin Studio

TRX=Studio A

YS = Yoga Studio

Classes are subject to cancellation and/or change without notice.

If late, please be courteous, quiet and set up towards back of room.

* Sign up recommended to secure a place in these classes! (night before, or after 7am Sunday)

Wednesday, December 5			
Time	Class	Location	Instructor
6:00 a.m.	FIT CAMP	AR	Sergie
8:15 a.m.	Spinning™ *	SS	Sheila
8:15 a.m.	Pilates Plus	AR	Linda T
8:30 a.m.	Body Awareness	DS	Deb I
9:15 a.m.	Deep Water Cardio Fit	P	Peggy
9:15 a.m.	Cardio Weights	AR	Lynn D
9:00 a.m.	Classical Yoga	YS	Bharti
10:15 a.m.	Wet Jam	P	Marci
10:15 a.m.	Stretch & Tone	AR	Linda T
11:15 a.m.	Basic Back Care	AR	Frank
12:00 p.m.	Yoga	YS	Nichole
6:00 p.m.	ZUMBA!	AR	Karen O
7:00 p.m.	Super MJ with Core	AR	Karen O

Thursday, December 6			
Time	Class	Location	Instructor
6:00 a.m.	Spinning™ *	SS	Jill
7:45-9:00 a.m.	Yoga	YS	Karen O
8:15 a.m.	Spinning™	SS	Michael P
9:15 a.m.	Pilates	YS	Deb A
9:15 a.m.	Condition/Balance/Strength	AR	Arlene
10:00 a.m.	Deep Water Cardio Fit	P	Marci
10:15 a.m.	TRX*	TRX	Julie
10:30 a.m.	NIA	AR	Stacey
11:30 a.m.	Sit and Be Fit	AR	Marci
5:45 p.m.	ZUMBA!	AR	Julie H
6:00 p.m.	Gentle Yoga	YS	Linda T
6:45 p.m.	TRX! *	TRX	Julie H

Friday, December 7			
Time	Class	Location	Instructor
8:15 a.m.	Fitness Fusion	AR	Deb A
8:15 a.m.	Holistic Yoga	YS	Patricia
8:30 a.m.	Aqua Mix!-New	P	Deb I
9:15 a.m.	Drums Alive!	AR	Linda B
9:15 a.m.	Spinning™ *	SS	Arlene
9:30 a.m.	Slow Vinyasa-New	YS	Deb A
10:15 a.m.	Aqua Friday Fat Burner	P	Marci
10:15 a.m.	Build Your Body-aka Basic Train	AR	Maureen
11:15 a.m.	Basic Back Care	AR	Frank
12:30 p.m.	TRX 101 *	TRX	Frank

Saturday, December 8			
Time	Class	Location	Instructor
8:00 a.m.	Fitness Fusion	AR	Marci
9:00 a.m.	Center BARRE Fitness	DS	Deb A
9:00 a.m.	Spinning™ *	SS	Deb W
9:15 a.m.	Wet Jam	P	Marci
9:30 a.m.	ZUMBA!	AR	Devra
10:15 a.m.	Slow Flow	YS	Nancy P
10:30 a.m.	Muscle Jam	AR	Lisa S