

MONDAY

| | | |
|---|------------------------|---------------------------------|
| ■ | 6:00-6:45am (3) | *Conditioning Camp Norah |
| ■ | 8:30-9:30am (1) | Cardio Sculpt Reggie |
| ■ | 8:30-9:25am (2) | Callanetics/Studio C Jackie |
| ■ | 8:30-9:15am (3) | *Conditioning Camp Norah |
| ■ | 9:30-10:30am (MR) | Power Yoga Tami |
| ■ | 9:30-10:15am (CS) | *Indoor Cycling Sandra |
| ■ | 9:30-10:30am (2) | Low Impact w/ weights Jackie |
| ■ | 9:30-10:15am (1) | *Kettlebell Reggie |
| ■ | 10:30-11:15am (1) | ZUMBA/ZUMBA TONING® Sandra |
| ■ | 10:30-11:30am (2) | Pilates Marcie |
| ■ | 11:00-11:45am (L12) | Senior Fitness Jackie |
| ■ | 1:30-2:15 PM (1) | Tai Chi Chih Bill |
| | | |
| ■ | 4:30-5:15pm (1) | Shed Sweat Extreme Reggie |
| ■ | 6:00-6:45pm (1) | Cardio Kickboxing Lisa |
| ■ | 6:45-7:15pm (1) | Core Cuts Lisa |
| ■ | 7:00-8:00pm (2) | Hip Hop Fitness Jason |
| ■ | 7:00-8:00pm (MR) | Vinyasa Flow Yoga Katje |
| ■ | 7:00-7:50pm (CS/3) | *Cycle TRX Reggie |
| ■ | 7:15-8:00pm (1) | Define & Sculpt Lisa |

TUESDAY

| | | |
|---|----------------------|---------------------------|
| ■ | 6:30-7:15am (CS) | *Indoor Cycling Debby |
| ■ | 8:30-9:25am (1) | Burn & Firm Sharon |
| ■ | 8:30-9:30am (2) | Hatha Yoga Tami |
| ■ | 9:30-10:30am (CS) | *Indoor Cycling (Sub) |
| ■ | 9:30-10:15am (3) | *TRX Reggie |
| ■ | 9:30-10:30am (MR) | Meditation Class Karen |
| ■ | 9:30-10:25am (1) | Step Rhonda |
| ■ | 10:00-10:45am (2) | Bollywood Ledell |
| ■ | 10:30-11:30am (1) | Define & Sculpt Rhonda |
| ■ | 11:00-11:45am (2) | Stretch Debby |
| ■ | 12:00-1:00pm (2) | Yoga Tami |
| | | |
| ■ | 5:00-5:45pm (CS) | *Indoor Cycling Reggie |
| ■ | 6:15-7:15pm (2) | ZUMBA® Jason |
| ■ | 7:00-7:30pm (1) | Ropes Gone Wild Reggie |
| ■ | 7:45-8:45pm (1) | Cardio Sculpt Reggie |

WEDNESDAY

| | | |
|---|------------------------|---------------------------------|
| ■ | 5:45-6:30am (CS) | *Indoor Cycling Monica |
| ■ | 8:15-9:00am (3) | *Core Fusion Norah |
| ■ | 8:30-9:15am (CS) | *Indoor Cycling Reggie |
| ■ | 8:30-9:25am (1) | Barre Germaine |
| ■ | 8:30-9:25am (2) | Callanetics/Studio C Jackie |
| ■ | 9:30-10:15am (1) | *Kettle Fusion Reggie |
| ■ | 9:30-10:30am (MR) | Core Power Yoga Paola |
| ■ | 9:30-10:30am (2) | Low Impact w/ weights Jackie |
| ■ | 9:30-10:30am (CS) | *Rip & Ride Sandra |
| ■ | 10:30-11:30am (1) | Healthy Bones Alison |
| ■ | 10:30-11:30am (2) | ZUMBA® Sandra |
| ■ | 11:00-11:45am (L12) | Senior Fitness Amy |
| ■ | 12:00-1:00pm (2) | Pilates Debby |
| | | |
| ■ | 4:30-5:15pm (1) | Shed Sweat Extreme Reggie |
| ■ | 6:00-6:45pm (1) | Define & Sculpt Lisa |
| ■ | 6:45-7:00pm (1) | AB Attack Lisa |
| ■ | 7:00-7:45pm (CS) | *Indoor Cycling Debby |
| ■ | 7:00-8:00pm (2) | Cize Kristine |
| ■ | 7:05-7:50pm (3) | *JKO Boxing Lisa |
| ■ | 7:45-8:45pm (1) | Cardio Circuit Angela |

THURSDAY

| | | |
|---|------------------------|------------------------------------|
| ■ | 6:15-7:00am (3) | *TRX Fusion Kristine |
| ■ | 8:30-9:30am (2) | Hatha Yoga Tami |
| ■ | 9:30-10:15am (3) | *HIIT Norah |
| ■ | 9:30-10:30am (2) | Low Impact Carol |
| ■ | 9:30-10:25am (1) | Cardio Kickboxing Rhonda |
| ■ | 9:30-10:30am (CS) | *Indoor Cycling (Sub) |
| ■ | 10:30-11:30am (1) | Define & Sculpt Rhonda |
| ■ | 10:45-11:45am (2) | Stretch Debby |
| ■ | 11:00-11:45am (L12) | Arthritis Class Carol |
| ■ | 12:00-1:00pm (2) | Yoga Tami |
| | | |
| ■ | 5:00-5:45pm (CS) | *Indoor Cycling Reggie |
| ■ | 6:00-7:00pm (1) | Kettlebell & Battleropes Reggie |
| ■ | 7:00-7:45pm (CS) | *Indoor Cycling Heather |
| ■ | 7:00-8:00pm (MR) | Vinyasa Flow Yoga Katje |
| ■ | 7:05-8:00pm (2) | Pilates Reggie |

FRIDAY

| | | |
|---|-----------------------|--------------------------------------|
| ■ | 6:00-6:30am *** | Express IndoorBootcamp Reggie (3) |
| ■ | 6:30-7:15am (2) | Stretch, Core & More! Germaine |
| ■ | 8:30-9:30am (1) | Cardio Sculpt Norah |
| ■ | 8:30-9:15am (3) | *JKO Evan |
| ■ | 8:30-9:30am (CS) | *Indoor Cycling Heather |
| ■ | 9:30-10:30am (MR) | Power Yoga Tami |
| ■ | 9:30-10:15am (3) | *TRX Bootcamp Norah |
| ■ | 9:30-10:25am (1) | Pump Up! Kristine |
| ■ | 9:30-10:30am (2) | ZUMBA® Sandra |
| ■ | 10:30-11:30am (2) | Barre Marcie |
| ■ | 10:30-11:30am (1) | Low Impact Jackie |
| ■ | 10:45-11:30am (CS) | *Indoor Cycling Monica |
| ■ | 12:00-1:00pm (2) | Pilates Debby |
| | | |

PLEASE NOTE – All classes and instructors are subject to change. Please check the JCC Metrowest app for up-to-date notifications.

Color Guide

- **Orange:** Mind/Body classes such as Yoga, Pilates, and Meditation.
- **Pink:** Aerobic conditioning and combination classes such as Step, Dance, and Cardio Kickboxing. See schedule for various offerings.
- **Purple:** Indoor Cycling
- **Green:** Muscle conditioning, toning, and strength training classes such as Ab classes, Low Impact, Barre. See schedule for various offerings
- **Yellow:** Advanced participants only! Interval and strength classes such as Kettlebell, BODYSHRED, and TRX. See schedule for various offerings.

New & Exciting

Kids Fitness is now offering small group training!

Have a group of 4-6 kids who are looking to training together? We can accommodate your group whether they are looking for sport specific training, weight management or fitness training. Contact Sharon Tobey stobey@jccmetrowest.org

6th Annual Triathlon

Sunday April 2nd
\$25 to register
Registration Begins January 1st
Sessions begin February 1st
All ages and skill levels welcome

Beginner 8 laps/6.2mi/1.5mi
Intermediate 10 laps/12.4mi/3.1mi
Advanced 16 laps/12.4mi/3.1mi
(swim,bike,run)
For information contact Sharon Tobey stobey@jccmetrowest.org

Class Registration Info

Classes marked with * require pre-registration.

Registration opens 73 hours prior to the start of the class.

To register: Please register online at www.xpiron.com/schedule/jccmw

Please arrive on time for classes with registration to ensure your spot in the class. If you cannot attend a class you have registered for, you must remove your name from the roster. Failure to remove yourself from a class you do not attend results in a strike, and after three strikes, your self-registration privileges will be suspended for a period of 90 days. Due to the limited space in our classes, please refrain from signing up for back-to-back sessions and the same type of class on repetitive days.

Please contact Fitness Reception at 973-530-3416 if you are having problems using Xpiron.

SATURDAY

| | |
|-------------------|----------------------------|
| 8:00-8:45am (1) | Cardio Kickboxing Lisa |
| 8:15-9:15am (CS) | *Indoor Cycling Heather |
| 8:30-9:15am (3) | *TRX Fusion Kristine |
| 8:45-9:00am (1) | AB Attack Lisa |
| 9:05-10:00am (1) | Define & Sculpt Lisa |
| 9:00-10:15am (M6) | Vinyasa Flow Yoga Katje |
| 9:30-10:15am (3) | *TRX Kristine |
| 9:45-10:45am (CS) | *Indoor Cycling Reggie |
| 10:30-11:30am (2) | ZUMBA® CeCe / Eileen |
| 11:00-11:45am (1) | Cardio Sculpt Reggie |
| 12:00-1:00pm (2) | Pilates Reggie |

SUNDAY

| | |
|--------------------|---------------------------|
| 8:15-9:15am (CS) | *Indoor Cycling Sandra |
| 9:00-10:00am (2) | Power Yoga Paola/Tami |
| 9:30-10:15am (1) | Kick Butt Combo Melisa |
| 9:30-10:30am (CS) | *Indoor Cycling Sandra |
| 9:30-10:45 am (M6) | Gentle Yoga Katje |
| 10:15-10:30 am (1) | AB Attack Melisa |
| 10:15-11:15am (2) | CIZE Kristine |
| 10:45-11:30am (1) | Cardio Circuit Angela |
| 11:30-12:00pm (1) | Core Cuts Angela |
| 12:00-12:45pm (1) | Burn & Firm Angela |

AQUATIC SCHEDULE

MONDAY

| | |
|-------------------|-------------------------------|
| 8:30-9:15am (MP) | Aqua Cardio Blast Andi |
| 12:15-1:00pm (MP) | Arthritis Water Class Andi |
| 6:30-7:15pm (MP) | Aqua Cardio Blast Betsy |

WEDNESDAY

| | |
|--------------------|-------------------------------------|
| 8:30-9:15am (MP) | Aqua Intensity Debra |
| 11:15-12:00pm (HP) | *Aqua Cycle-Gentle Journey Julia |
| 12:15-1:00pm (MP) | Aquatic Senior Strength Julia |
| 6:30-7:15pm (MP) | *Aqua Cycle Chaya |

FRIDAY

| | |
|--------------------|----------------------------------|
| 8:30-9:15am (MP) | Aqua Intensity Debra |
| 9:30-10:15am (MP) | Aqua Pilates Andi |
| 10:30-11:15am (MP) | *Aqua Cycle Andi |
| 12:30-1:15pm (MP) | Aquatic Senior Strength Lydia |

TUESDAY

| | |
|--------------------|--|
| 8:30-9:15am (MP) | Aqua Cardio & Core Strength, Robyn |
| 9:15-10:00am (MP) | High Intensity Interval Training Robyn |
| 10:15-11:00am (HP) | *AquaCycle- High Intensity Ride, Robyn |
| 12:15-1:00pm (MP) | Arthritis Water Class Betsy |
| 6:30-7:15pm (MP) | Aqua ZUMBA® Laura |

THURSDAY

| | |
|--------------------|---|
| 8:30-9:15am (MP) | Aqua Tabata Julia |
| 9:15-10:00am (MP) | Aqua Cardio Blast Andi |
| 10:00-10:45am (HP) | *Aqua Cycle- High Intensity Ride, Robyn |
| 12:00-12:45am (MP) | Arthritis Water Class Carol |
| 6:30-7:15pm (MP) | Cardio Pool Party Betsy |

SATURDAY

| | |
|------------------|----------------------|
| 8:15-9:00am (MP) | Aqua ZUMBA® Laura |
|------------------|----------------------|

SUNDAY

| | |
|------------------|---|
| 8:15-9:00am (MP) | Aqua Intensity Debra |
| 9:00-9:45am (HP) | *Aqua Cycle- Cardio Cycle and Strength, Chaya |

Locations

- | | |
|------------------------|-----------------------------|
| 1 Studio One | MP Messing Pool |
| 2 Studio Two | HP Heyman Pool |
| 3 Studio Three | L12 Lower Level Arts Studio |
| CS Cycling Studio | M6 Senior Center |
| MR Meditation Room | GYM Gymnasium |
| SHPR Shapiro Card Room | LR Living Room |

WINTER

Group Exercise Schedule

January 8th – April 1st

Fitness Center Hours

Monday – Thursday 5:30 am – 10:00 pm
 Friday 5:30 am – 6:00 pm
 Saturday 7:00 am – 7:00 pm
 Sunday 7:00 am – 7:00 pm

Kid Care Hours

Monday – Sunday 8:00 am – 2:00 pm
 Tuesday & Thursday 4:00 pm – 7:00 pm

For more information, please contact:

Wendi Sweatt
 Group Exercise Director
 Phone: 973-530-3514
 Email: wsweatt@jccmetrowest.org

