

MONDAY		
<span style="background-color: #ffff00;"> </span> 6:00-6:45am (3)	<b>*Conditioning Camp</b>	Norah
<span style="background-color: #90ee90;"> </span> 8:30-9:25am (1)	<b>Cardio Sculpt</b>	Reggie
<span style="background-color: #90ee90;"> </span> 8:30-9:25am (2)	<b>Callanetics/Studio C</b>	Jackie
<span style="background-color: #ffff00;"> </span> 8:30-9:15am (3)	<b>*Conditioning Camp</b>	Norah
<span style="background-color: #ffa500;"> </span> 9:30-10:30am (MR)	<b>Power Yoga</b>	Tami
<span style="background-color: #483d8b;"> </span> 9:30-10:15am (CS)	<b>*Cycle</b>	Sandra
<span style="background-color: #90ee90;"> </span> 9:30-10:25am (2)	<b>Low Impact w/ weights</b>	Jackie
<span style="background-color: #ffff00;"> </span> 9:30-10:20am (1)	<b>*Kettlebell</b>	Reggie
<span style="background-color: #90ee90;"> </span> 10:30-11:15am (1)	<b>ZUMBA/ZUMBA TONING®</b>	Sandra
<span style="background-color: #ffa500;"> </span> 10:30-11:30am (2)	<b>Pilates</b>	Marcie
<span style="background-color: #90ee90;"> </span> 11:00-11:45am (L12)	<b>Senior Fitness</b>	Jackie
<span style="background-color: #ffa500;"> </span> 1:30-2:15 PM (1)	<b>Tai Chi Chih</b>	Bill
<span style="background-color: #90ee90;"> </span> 4:30-5:15pm (1)	<b>Shed Sweat Extreme</b>	Reggie
<span style="background-color: #ff00ff;"> </span> 6:00-6:45pm (1)	<b>Cardio Kickboxing</b>	Lisa
<span style="background-color: #90ee90;"> </span> 6:45-7:15pm (1)	<b>Core Cuts</b>	Lisa
<span style="background-color: #ff00ff;"> </span> 7:00-8:00pm (2)	<b>Hip Hop Fitness</b>	Jason
<span style="background-color: #ffa500;"> </span> 7:00-8:00pm (MR)	<b>Vinyasa Flow Yoga</b>	Katje
<span style="background-color: #483d8b;"> </span> 7:00-7:50pm (CS/3)	<b>*Cycle TRX</b>	Reggie
<span style="background-color: #90ee90;"> </span> 7:15-8:00pm (1)	<b>Define &amp; Sculpt</b>	Lisa

TUESDAY		
<span style="background-color: #483d8b;"> </span> 6:15-6:45am (CS)	<b>*Cycle Flex</b>	Debby
<span style="background-color: #ffa500;"> </span> 6:50-7:15am (KF)	<b>Stretch</b>	Debby
<span style="background-color: #90ee90;"> </span> 8:30-9:25am (1)	<b>Burn &amp; Firm</b>	Sharon
<span style="background-color: #ffa500;"> </span> 8:30-9:30am (2)	<b>Hatha Yoga</b>	Tami
<span style="background-color: #483d8b;"> </span> 9:30-10:30am (CS)	<b>*Cycle</b>	Heather
<span style="background-color: #ffff00;"> </span> 9:30-10:20am (3)	<b>*TRX</b>	Reggie
<span style="background-color: #ffa500;"> </span> 9:30-10:30am (MR)	<b>Meditation Class</b>	Karen
<span style="background-color: #ff00ff;"> </span> 9:30-10:25am (1)	<b>Hard Core Conditioning</b>	Rhonda
<span style="background-color: #ff00ff;"> </span> 10:00-10:45am (2)	<b>Bollywood</b>	Ledell
<span style="background-color: #90ee90;"> </span> 10:30-11:30am (1)	<b>Define &amp; Sculpt</b>	Rhonda
<span style="background-color: #ffa500;"> </span> 11:00-11:45am (2)	<b>Stretch</b>	Debby
<span style="background-color: #ffa500;"> </span> 12:00-1:00pm (2)	<b>Yoga</b>	Tami
<span style="background-color: #483d8b;"> </span> 5:00-5:45pm (CS)	<b>*Cycle</b>	Reggie
<span style="background-color: #ff00ff;"> </span> 6:15-7:15pm (2)	<b>ZUMBA®</b>	Jason
<span style="background-color: #ffff00;"> </span> 7:00 -7:30pm (rooftop)	<b>Express Outdoor Bootcamp</b>	Reggie
<span style="background-color: #ff00ff;"> </span> 7:45 -8:45pm (1)	<b>Cardio Sculpt</b>	Reggie

WEDNESDAY		
<span style="background-color: #483d8b;"> </span> 5:45-6:30am (CS)	<b>*Cycle</b>	Monica
<span style="background-color: #483d8b;"> </span> 8:30-9:15am (CS)	<b>*Cycle</b>	Reggie
<span style="background-color: #90ee90;"> </span> 8:30-9:25am (1)	<b>Pilates</b>	Germaine
<span style="background-color: #90ee90;"> </span> 8:30-9:25am (2)	<b>Callanetics/Studio C</b>	Jackie
<span style="background-color: #ffff00;"> </span> 9:30-10:20am (1)	<b>*Kettle Fusion</b>	Reggie
<span style="background-color: #ffa500;"> </span> 9:30-10:30am (MR)	<b>Core Power Yoga</b>	Paola
<span style="background-color: #ff00ff;"> </span> 9:30-10:30am (2)	<b>Low Impact w/ weights</b>	Jackie
<span style="background-color: #483d8b;"> </span> 9:30-10:30am (CS)	<b>*Cycle</b>	Maria
<span style="background-color: #90ee90;"> </span> 10:30-11:30am (1)	<b>Healthy Bones</b>	Alison
<span style="background-color: #ff00ff;"> </span> 10:30-11:30am (2)	<b>ZUMBA®</b>	Sandra
<span style="background-color: #90ee90;"> </span> 4:30-5:15pm (1)	<b>Shed Sweat Extreme</b>	Reggie
<span style="background-color: #90ee90;"> </span> 6:00-6:45pm (1)	<b>Define &amp; Sculpt</b>	Lisa
<span style="background-color: #90ee90;"> </span> 6:45-7:00pm (1)	<b>AB Attack</b>	Lisa
<span style="background-color: #483d8b;"> </span> 7:00-7:45pm (CS)	<b>*Cycle</b>	Debby
<span style="background-color: #ff00ff;"> </span> 7:00-8:00pm (2)	<b>Dance Jam</b>	LaShaun
<span style="background-color: #ffff00;"> </span> 7:05-7:50pm (3)	<b>*JKO Boxing</b>	Lisa
<span style="background-color: #ff00ff;"> </span> 7:45-8:45pm (1)	<b>Cardio Circuit</b>	Angela

THURSDAY		
<span style="background-color: #ffff00;"> </span> 6:15-7:00am (3)	<b>*TRX Fusion</b>	Kristine
<span style="background-color: #ffff00;"> </span> 8:00-8:30am (rooftop)	<b>Express Outdoor Bootcamp</b>	Kristine
<span style="background-color: #ffa500;"> </span> 8:30-9:30am (2)	<b>Hatha Yoga</b>	Tami
<span style="background-color: #ffff00;"> </span> 9:30-10:15am (3)	<b>*HIIT</b>	Norah
<span style="background-color: #ff00ff;"> </span> 9:30-10:30am (2)	<b>Low Impact</b>	Carol
<span style="background-color: #ff00ff;"> </span> 9:30-10:25am (1)	<b>Cardio Kickboxing</b>	Rhonda
<span style="background-color: #483d8b;"> </span> 9:30-10:30am (CS)	<b>*Rip &amp; Ride</b>	Sandra
<span style="background-color: #90ee90;"> </span> 10:30-11:30am (1)	<b>Define &amp; Sculpt</b>	Rhonda
<span style="background-color: #ffa500;"> </span> 10:45-11:45am (2)	<b>Stretch</b>	Debby
<span style="background-color: #90ee90;"> </span> 11:00-11:45am (L12)	<b>Arthritis</b>	Carol
<span style="background-color: #ffa500;"> </span> 12:00-1:00pm (2)	<b>Yoga</b>	Tami
<span style="background-color: #483d8b;"> </span> 5:00-5:45pm (CS)	<b>*Cycle</b>	Reggie
<span style="background-color: #ffff00;"> </span> 6:00-6:50pm (1)	<b>Kettlebell</b>	Reggie
<span style="background-color: #483d8b;"> </span> 7:00-7:45pm (CS)	<b>*Cycle</b>	Heather
<span style="background-color: #ffa500;"> </span> 7:00-8:00pm (MR)	<b>Vinyasa Flow Yoga</b>	Katje
<span style="background-color: #ffa500;"> </span> 7:00-8:00pm (2)	<b>Pilates</b>	Reggie

FRIDAY		
<span style="background-color: #ffff00;"> </span> 6:00-6:30am (rooftop)	<b>Express Outdoor Bootcamp,</b>	Reggie
<span style="background-color: #ff00ff;"> </span> 8:30-9:30am (1)	<b>Cardio Sculpt</b>	Norah
<span style="background-color: #ffff00;"> </span> 8:30-9:15am (3)	<b>*JKO</b>	Evan
<span style="background-color: #483d8b;"> </span> 8:30-9:30am (CS)	<b>*Cycle</b>	Heather
<span style="background-color: #ffa500;"> </span> 9:30-10:30am (MR)	<b>Power Yoga</b>	Tami
<span style="background-color: #ffff00;"> </span> 9:30-10:30am (3)	<b>*Bells, Balls &amp; YogaCore!</b>	Norah/Bianca
<span style="background-color: #ffff00;"> </span> 9:30-10:15am (rooftop)	<b>Outdoor Bootcamp</b>	Kristine
<span style="background-color: #ff00ff;"> </span> 9:40-10:30am (2)	<b>ZUMBA®</b>	Sandra
<span style="background-color: #90ee90;"> </span> 10:30-11:30am (2)	<b>Barre</b>	Marcie
<span style="background-color: #90ee90;"> </span> 10:30-11:30am (1)	<b>Low Impact</b>	Jackie
<span style="background-color: #483d8b;"> </span> 10:45-11:30am (CS)	<b>*Cycle</b>	Monica
<span style="background-color: #ffa500;"> </span> 12:00-1:00pm (2)	<b>Pilates</b>	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 Outdoor Bootcamp, Kettlebell, and TRX. See schedule for various offerings.

**OUTDOOR BOOTCAMP**

Work-OUT rather than Work-IN!! Take your workout to a new level outdoors using tires, wheelbarrows, ropes, & sandbags.

**SALSA-MERENGUE SERIES**

With Iliyana (former partner) of Tony Dovolani (Dancing with the Stars)

Learn the rhythm & timing of the music, leading & following, basic footwork, dance positions and connections between partners. New and easy patterns will be introduced each session. Couple and singles are both welcome. Please wear comfortable shoes (not sneakers) that can slide freely.

TUESDAYS 7:30-8:30 PM  
MAY 9<sup>TH</sup> – JUNE 27<sup>TH</sup> (8 weeks)

Couple: \$30/ 1 session  
Couple: \$240/ 8 week session  
Individual: \$20/ 1 session  
Individual: \$160/ 8 week session

**REGISTRATION IS REQUIRED**  
**973-530-3416**

**STROLLER MOMS**

Meet in the gymnasium for a great workout while your baby gets a fun ride!

FRIDAYS 1:00 – 1:30 pm  
FREE for Members  
\$10 Non-members

For more information contact Sharon Tobey  
973-530-3407 or 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](http://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)	*Cycle 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)	*Cycle Reggie
10:30-11:30am (2)	ZUMBA® CeCe / LaShaun
11:00-11:45am (1)	Cardio Sculpt Reggie
12:00-1:00pm (2)	Pilates Reggie

## SUNDAY

8:15-9:15am (CS)	*Cycle Sandra
9:00-10:00am (2)	Power Yoga Paola/Tami
9:30-10:15am (1)	Kick Butt Combo Melisa
9:30-10:30am (CS)	*Cycle 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

May 1<sup>st</sup> – June 24<sup>th</sup> 2017

### MONDAY

8:30-9:15am (MP)	Aqua Cardio Blast Andi
10:30-11:15am (HP)	*Aqua Cycle-High Intensity Ride, Andi
12:15-1:00pm (MP)	Arthritis Water Class Betsy
6:30-7:15pm (MP)	Aqua Cardio Blast Gail

### 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
7:00-7:45pm (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-High Intensity Ride, Andi
12:30-1:15pm (MP)	Aquatic Senior Strength Julia

### TUESDAY

8:30-9:15am (MP)	Aqua Cardio & Core Strength, Robyn
9:20-10:05am (MP)	*Aqua Cycle-High Intensity Ride, Robyn
10:15-11:00am (HP)	*Aqua Cycle- 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
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### SUNDAY

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

## Locations

<b>1</b>	Studio One	<b>MP</b>	Messing Pool
<b>2</b>	Studio Two	<b>HP</b>	Heyman Pool
<b>3</b>	Studio Three	<b>L12</b>	Lower Level Arts Studio
<b>CS</b>	Cycling Studio	<b>M6</b>	Senior Center
<b>MR</b>	Meditation Room	<b>GYM</b>	Gymnasium
<b>SHPR</b>	Shapiro Card Room	<b>LR</b>	Living Room
<b>KF</b>	Kids Fitness Studio		

# SPRING

## Group Exercise Schedule

May 1<sup>st</sup> – July 2<sup>nd</sup>

### 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:

Fitness Desk  
 Phone: 973-530-3416

