

MONDAY

6:00-6:45am (3)	*Conditioning Camp Norah
7:30-8:25am (2)	Core Yoga Paola
8:00-8:30am (Roof-top)	Bootcamp/Kristine Kristine
8:30-9:25am (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)	*Cycle Sandra
9:30-10:25am (2)	Low Impact w/ weights Jackie
9:30-10:20am (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
1:30-2:15pm Studio 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

6:15-6:45am (CS)	*Cycle Flex Debby
6:50-7:15am (KF)	Stretch Debby
8:30-9:25am (1)	Burn & Firm Sharon
8:30-9:30am (2)	Hatha Yoga Tami
9:30-10:20am (CS)	*Cycle Heather
9:30-10:20am (3)	*TRX Reggie
9:30-10:30am (MR)	Meditation Class Karen
9:30-10:25am (1)	Hard Core Step Condition 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)	*Cycle Reggie
6:15-7:15pm (2)	ZUMBA® Jason
7:00 - 7:30pm (rooftop)	Express Outdoor Bootcamp Reggie
7:45 - 8:45pm (1)	Cardio Sculpt Reggie

WEDNESDAY

5:45-6:30am (CS)	*Cycle Monica
8:30-9:15am (CS)	*Cycle Reggie
8:30-9:25am (1)	Pilates Germaine
8:30-9:25am (2)	Callanetics/Studio C Jackie
9:30-10:20am (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)	*Cycle Maria
10:30-11:30am (1)	Healthy Bones Alison
10:30-11:30am (2)	ZUMBA® Sandra
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)	*Cycle Debby
7:00-8:00pm (2)	Dance Jam LaShaun
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 (ends)
9:30-10:30am (CS)	*Rip & Ride Sandra
10:30-11:30am (1)	Define & Sculpt Rhonda
10:45-11:45am (2)	Stretch Debby
12:00-1:00pm (2)	Yoga Tami
5:00-5:45pm (CS)	*Cycle Reggie
6:00-6:50pm (1)	Kettlebell Reggie
7:00-7:45pm (CS)	*Cycle Heather
7:00-8:00pm (MR)	Vinyasa Flow Yoga Katje
7:00-8:00pm (2)	Pilates Reggie

FRIDAY

6:00-6:30am (rooftop)	Express Outdoor Bootcamp , Reggie
8:30-9:30am (1)	Cardio Sculpt Norah
8:30-9:15am (3)	*JKO Evan
8:30-9:30am (CS)	*Cycle Heather
9:30-10:30am (MR)	Power Yoga Tami
9:30-10:30am (3)	*Bells, Balls & YogaCore! Norah/Bianca
9:30-10:15am (rooftop)	Outdoor Bootcamp Kristine
9:40-10:30am (2)	ZUMBA® Sandra
10:30-11:30am (2)	Barre Marcie
10:30-11:30am (1)	Low Impact Jackie
10:45-11:30am (CS)	*Cycle 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 Outdoor Bootcamp, Kettlebell, and TRX. See schedule for various offerings.

LaBlast

Fitness powered by dance
Taught by 3-time World Champion

LOUIS VAN AMSTEL

Sunday June 25

9:00-10:00am Margulis Gymnasium

Registration \$20.00

Proceeds go to JCC SCHOLARSHIP FUND

Register Reception Desk or call

973 530-3416.

A revolutionary dance fitness program based on all the dances seen on Dancing with the Stars! that fuses dance into a serious calorie burning workout that will get you into the best shape of your life!

OUTDOOR BOOTCAMP

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

Ageless Grace

"Three R's" of Ageless Grace the ability to respond, react and recover. Program based on consciously choosing to change the brain thru physical movements similar to playful childhood activities that fire neurons and develop neural pathways from birth to mid-teens.

\$5.00 per class June 8 - 29

STROLLER MOMS

Meet at Steiner Reception desk 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

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 1st – June 24th 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

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
KF	Kids Fitness Studio		

SPRING

Group Exercise Schedule

May 21st – July 2nd

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

