

MONDAY	
6:00-6:45am (3)	*HIIT Cardio Norah
7:30-8:25am (2)	Core Yoga Paola
8:00-8:30am (Roof-top)	Express Outdoor Bootcamp Kristine
8:30-9:25am (1)	Cardio Sculpt Reggie
8:30-9:25am (2)	Callanetics/Studio C Jackie
8:30-9:15am (3)	*BrickFIT Norah
9:30-10:30am (MR)	Power Yoga Tami
9:30-10:15am (CS)	*Cycle Sandra
9:30-10:25am (2)	Low & Loaded Jackie
9:30-10:20am (1)	*Kettlebell Reggie
10:30-11:15am (1)	ZUMBA/ZUMBA TONING® Sandra
10:30-11:30am (2)	Pilates Marcie
11:00-11:30am (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)	Yoga for Life Tami
9:30-10:20am (CS)	*Cycle Heather
9:30-10:20am (3)	*TRX Fusion 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)	Restorative Yoga Tami
9:30-10:30am (Tepper)	Rock your Yoga Michele
Classes July 4, 18 & 25	
5:00-5:45pm (CS)	*Cycle Reggie
6:15-7:15pm (2)	ZUMBA® Jason
6:00-6:45pm (rooftop)	Outdoor Bootcamp Reggie
7:15-8:00pm (1)	Cardio Sculpt Reggie Time change

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 & Loaded 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
7:05-7:50pm (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)	Yoga for Life Tami
9:30-10:15am (3)	*HIIT Cardio Norah
9:30-10:25am (1)	Cardio Mix Melissa
9:30-10:30am (CS)	*Rip & Ride Sandra
10:30-11:30am (3)	Define & Sculpt Melissa
10:30-11:30am (1)	10:30-11:30am Bop & Rock Time Change Crystal ends July 27
10:45-11:45am (2)	Stretch Debby
12:00-1:00pm (2)	Restorative Yoga Tami
9:30-10:30am (Tepper)	Rock your Yoga Michele
Classes July 6, 20 & 27	
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 Reggie
9:30-10:30am (MR)	Power Yoga Tami
9:30-10:30am (3)	*Bells, Balls & Yoga Core! Norah/Bianca
9:30-10:15am (rooftop)	Outdoor Bootcamp Kristine
9:40-10:30am (2)	ZUMBA® Sandra
10:30-11:30am (2)	Barre with Yoga Focus Marcie
10:30-11:30am (1)	Pump up with Jazz 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.

OUTDOOR BOOTCAMP

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

Rock Your Yoga

Tuesday/Thursday 9:30am
Tepper Hall
Michele Neubart
July 4, 6, 18, 20, 25 & 27
No classes July 13 & 15

Kids in Motion Exercise Series

July 15 - August 19
Saturdays 9:00am-10:00am
Ages 9 - 12
Minimum 4 participants
Register by July 12 at fitness reception
Fee Required
For more 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)	*Cycle Heather
8:30-9:20am (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
9:30-10:20am (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

MONDAY

8:30-9:15am (HP)	Aqua Cardio Blast Julia
9:30-10:15am (HP)	*Aqua Cycle-High Intensity Ride , Andre
12:15-1:00pm (HP)	Arthritis Water Class Betsy

WEDNESDAY

8:30-9:15am (HP)	Aqua Intensity Debra
11:15-12:00pm (HP)	*Aqua Cycle-Gentle Journey Julia
12:15-1:00pm (HP)	Aquatic Senior Strength Julia
7:00-7:45pm (HP)	*Aqua Cycle Chaya

FRIDAY

8:30-9:15am (HP)	Aqua Intensity Debra
9:30-10:15am (HP)	*Aqua Cycle Andre
12:30-1:15pm (HP)	Aquatic Senior Strength Julia

TUESDAY

8:30-9:15am (HP)	Aqua Cardio & Core Strength , Robyn
9:20-10:05am (HP)	*Aqua Cycle-High Intensity Ride , Robyn
10:15-11:00am (HP)	*Aqua Cycle- High Intensity Ride , Robyn
12:15-1:00pm (HP)	Arthritis Water Class Betsy
6:30-7:15pm (HP)	Aqua ZUMBA® Laura

THURSDAY

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

SATURDAY

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

SUNDAY

8:15-9:00am (HP)	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
KF	Kids Fitness Studio		

SUMMER

Group Exercise Schedule

July 5th – July 31st

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

