

MONDAY

6:00-6:50am (3)	*HIIT Cardio Norah
7:30-8:30am (2)	Core Yoga Paola
8:00-8:30am (Rooftop)	Express Outdoor Bootcamp Kristine
8:30-9:15am (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/ZUMBATONING® 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
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

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)	Bop & Rock Ledell
10:45-11:45am (2)	Stretch Debby
12:00-1:00pm (2)	Restorative 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 Reggie
9:30-10:30am (MR)	Power Yoga Tami
9:30-10:30am (3)	*Bells, Balls & Yoga 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.

Save the Date August 15, 2017

Open House at the JCC

Bring your family & friends

Master Yoga Class with Jhon Velasco Illuminate your Practice

8:30am & 7:00pm

Fitness Showcase

8 stations/8 trainers

10:00am & 7:00pm

POOL CLOSURE

August 26-Sept. 4

Reopen 5:30am Sept. 5

Coming September

Yoga with Jhon Velasco

Tuesday/Wednesday

7:00-8:00pm

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

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
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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

August 1st - September 3rd, 2017

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

