

MONDAY		
6:00-6:45am (3)	*HIIT Cardio	Norah
7:30-8:30am (2)	Core Power Yoga	Paola
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)	Hatha Yoga	Tami
9:30-10:15am (CS)	*Cycle	Sandra
9:30-10:25am (2)	Low & Loaded	Jackie
9:30-10:15am (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 (1)	Tai Chi Chih	Bill
4:30-5:15pm (1)	Rock Bottom	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 Express	Debby
6:50-7:15am (KF)	Stretch	Debby
8:30-9:25am (1)	Rock Bottom	Sharon
8:30-9:30am (2)	Yogalates	Tami
9:30-10:20am (CS)	*Cycle	Heather
9:30-10:15am (3)	*TRX Fusion	Reggie
9:30-10:30am (MR)	Meditation Class	Karen
9:30-10:25am (1)	Hard Core Step Condition	Rhonda
9:30-10:30am	Rock Your Yoga	Michele **starting OCT **
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
7:00-7:40pm (3)	*HIIT Cardio	Reggie
7:00-8:00pm MR	Vinyasa Yoga	Jhon
7:45-8:30pm (1)	Sweat Circuit	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
9:30-10:25am (2)	Low & Loaded	Jackie
9:30-10:30am (CS)	*Cycle	Maria
9:45-10:30am	Barre Above	Germaine **starting OCT
10:30-11:30am (1)	Healthy Bones	Alison
10:30-11:30am (2)	ZUMBA & African Dance®	Sandra Starts Sept. 28
4:30-5:15pm (1)	Sweat Circuit	Reggie
6:00-6:45pm (1)	Define & Sculpt	Lisa
6:45-7:00pm (1)	AB Attack	Lisa
7:00-8:00pm MR	Vinyasa Yoga	Jhon
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)	Hatha Yoga	Tami
9:30-10:15am (3)	*HIIT Cardio	Norah
9:30-10:25am (1)	Core de Force	Kristine
9:30-10:30am (CS)	*Rip & Ride	Sandra
9:30-10:30am TBA	Rock Your Yoga	Michele **starting OCT **
10:30-11:15am (3)	Define & Sculpt	TBA
10:30-11:30am (1)	Bop & Rock	Carol
10:45-11:45am (2)	Stretch	Debby
12:00-1:00pm (2)	Restorative Yoga	Tami
5:00-5:45pm (CS)	*Cycle	Reggie
6:00-6:45pm (1)	Kettlebell	Reggie
7:00-7:45pm (CS)	*Cycle	Heather
7:00-8:00pm (MR)	Vinyasa Flow Yoga	Katje
7:00-8:00pm (2)	Mat Pilates	Reggie

FRIDAY		
6:00-6:30am	Express Outdoor Bootcamp,	Reggie
8:30-9:30am (1)	Cardio Sculpt	Norah
8:30-9:15am (3)	*JKO Boxing	Evan
9:30am (CS)	*Cycle	Reggie
9:30-10:30am (MR)	Power Yoga	Tami
9:30-10:00am (3)	*HIIT 30 - Norah	
9:30-10:10:30	*HIIT Yoga - Bianca	
9:30-10:25am (1)	Rock Bottom	Kristine
9:40-10:30am (2)	ZUMBA®	Sandra
10:30-11:15am (3)	*HIIT	Norah
10:30-11:30am (2)	Barre with Yoga	Marcie
10:30-11:30am (1)	Pump up with Jazz	Jackie
10:45-11:30am (CS)	*Cycle	Monica
12:00-1:00pm (2)	Mat 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.

POOL
Reopens 5:30am Sept. 5

Coming in September
Yoga with Jhon Velasco
Tuesday/Wednesday
7:00pm - 8:00pm

Coming in October
Rock Your Yoga
Tuesday/Thursday
9:30am – 10:30am
Barre Above
Wednesday
9:45am – 10:30am
Pure Boxing
Tuesday with Evan
8:30am – 9:15am
Fee based class

Water Bootcamp
Saturday with Kristine
7:30am-8:30am
Oct. 7 - Nov. 18
Fee based class

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)	*Kettlebell Fusion 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 (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 Gale

WEDNESDAY

8:30-9:15am (MP)	Aqua Intensity Debra
11:15-12:00pm (MP)	*Aqua Cycle-Mid Intensity Ride , 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 (HP)	Aqua Pilates Andi
10:30-11:15am (HP)	*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 (HP)	*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 Liza
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
KF	Kids Fitness Studio	TEP	Tepper

FALL

Group Exercise Schedule

September 5th - December 31st, 2017

Fitness Center Hours

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

