



J YOUR WAY!

@ the JCC



JCONNECT @ home



Group Exercise Schedule

SEPT 2020

EFFECTIVE: Mon, August 31

**Italic text denotes change from previous schedule.*

NOTE LOCATION CHANGES:
Some classes previously held in Parking Deck are now relocated to the Pavilion.



*Face coverings are required as you move to and from your Fitness programs and are recommended, but not required during the program.

ALL IN-PERSON CLASSES ARE HELD OUTDOORS:

Levine JCC
5007 Providence Rd.

ACCESS VIRTUAL CLASSES:
charlottejcc.org/JCONNECT



charlottejcc.org/OnlineFitness

ACCESS 24/7 ANYTIME:
charlottejcc.org/allaccess

	@ the JCC	JCONNECT @ home
mon	7:00-7:45 AM HIIT Lyn Pavilion	7:00-7:45 AM HIIT Lyn
	8:15-9:00 AM Cycle Shannan Pavilion	
	9:30-10:15 AM Yoga Sculpt Debbie Pavilion	9:30 AM Yoga Sculpt Debbie
	5:30-6:15 PM Cardio Dance Karen Pavilion	10:30 AM Zumba Gold Jessica
	6:15-6:55 PM Total Strength Robin Parking Deck-L2	5:00 PM Yoga Kate
tue	6:00-6:45 AM HIIT Jim Pavilion	
	7:00-7:45 AM HIIT Jim Pavilion	
	8:00-8:45 AM Total Strength Robin Pavilion	9:30 AM Jacki's Dance Sara
	9:30-10:15 AM Cardio Dance Agata Pavilion	9:30-10:15 AM Cardio Dance Agata
	5:30-6:15 PM Cycle Julie Pavilion	5:00 PM Yoga Sculpt Debbie
	6:15-6:55 PM Mat Pilates Anne Parking Deck-L2	
wed	7:00-7:45 AM HIIT Jenny Pavilion	7:00-7:45 AM HIIT Jenny
	8:15-9:00 AM Cycle Jodi Pavilion	9:30 AM Jacki's Dance Sara
	9:30-10:15 AM Pound Karen Pavilion	
	5:30-6:15 PM Yoga Chrys Pavilion	5:30-6:15 PM Yoga Chrys
	New! 6:00-6:45 PM Cardio Dance Agata Parking Deck-L2	
thu	6:00-6:45 AM HIIT John Pavilion	
	7:00-7:45 AM HIIT John Pavilion	
	8:00-8:45 AM Total Strength Robin Pavilion	
	9:30-10:15 AM Cardio Dance Lyn Pavilion	9:30 AM Cardio Dance Lyn
	New! 10:30-11:15 AM Deep Stretch Jane Pavilion	10:30 AM Zumba Gold Jessica
	5:30-6:15 PM Strengthen & Stretch Jenny Parking Deck-L2	5:00 PM Core & More Jane (9/3, 17) Marcia (9/10, 24)
	New! 5:30-6:15 PM Cycle Julie Pavilion	
fri	7:00-7:45 AM HIIT Lyn Pavilion	7:00-7:45 AM HIIT Lyn
	8:15-9:00 AM Cycle Shannan Pavilion	9:30 AM Jacki's Dance Sara
	9:30-10:15 AM Barre Sculpt Karen Pavilion	9:30-10:15 AM Barre Sculpt Karen
sat		
sun	8:00-8:45 AM Cycle Fusion Tara Pavilion	
	9:00-9:45 AM Cycle Julie Pavilion	
	9:00-9:45 AM HIIT Tara Parking Deck-L2	
	10:00-10:45 AM Cardio Dance Agata Pavilion	

Schedule is subject to change.

Questions? lyn.addy@charlottejcc.org

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