



# OCT 2020

EFFECTIVE: Mon, 10/05/20

# Group Exercise Schedule

IN-PERSON CLASSES > OUTDOORS at Levine JCC

MON	TUE	WED	THU	FRI	SAT	SUN
<b>7:00-7:45am</b> <b>HIIT</b> Lyn   Pavilion	<b>6:00-6:45am</b> <b>HIIT</b> Jim   Pavilion	<b>7:00-7:45am</b> <b>HIIT</b> Jenny   Pavilion	<b>6:00-6:45am</b> <b>HIIT</b> John   Pavilion	<b>7:00-7:45am</b> <b>HIIT</b> Bridget   Pavilion		<b>8:00-8:45am</b> <b>Cycle Fusion</b> Tara   Pavilion
<b>8:15-9:00am</b> <b>Cycle</b> Shannan   Pavilion	<b>7:00-7:45am</b> <b>HIIT</b> Jim   Pavilion	<b>8:15-9:00am</b> <b>Cycle</b> Shannan   Pavilion	<b>7:00-7:45am</b> <b>HIIT</b> John   Pavilion	<b>8:15-9:00am</b> <b>Cycle</b> Shannan   Pavilion		<b>9:00-9:45am</b> <b>Cycle</b> Julie   Pavilion
<b>9:00-9:30am</b> <b>Power Half-Hour</b> Bridget   Parking Deck	<b>8:00-8:45am</b> <b>Athletic Conditioning</b> Robin   Pavilion	<b>9:30-10:15am</b> <b>Barre Sculpt</b> Karen   Pavilion	<b>8:00-8:45am</b> <b>Athletic Conditioning</b> Robin   Pavilion	<b>9:30-10:15am</b> <b>Pound</b> Karen   Pavilion		<b>9:00-9:45am</b> <b>Athletic Conditioning</b> Tara   Parking Deck
<b>9:30-10:15am</b> <b>Yoga Sculpt</b> Debbie   Pavilion	<b>9:00-9:45am</b> <b>Cardio Dance</b> Agata   Pavilion	<b>5:30-6:15pm</b> <b>Yoga</b> Chrys   Pavilion	<b>9:00-9:45am</b> <b>Cardio Dance</b> Lyn   Pavilion			<b>10:00-10:45am</b> <b>Cardio Dance</b> Agata   Pavilion
<b>10:30-11:15am</b> <b>Pilates</b> Anne   Pavilion	<b>5:30-6:15pm</b> <b>Cycle</b> Julie   Pavilion	<b>6:00-6:45pm</b> <b>Cardio Dance</b> Agata   Parking Deck	<b>12:00-12:45pm</b> <b>Deep Stretch</b> Jane   <i>New Gym (indoors)</i>			
<b>5:30-6:15pm</b> <b>Cardio Dance</b> Karen   Pavilion			<b>5:30-6:15pm</b> <b>Strengthen &amp; Stretch</b> Jenny   Parking Deck			
<b>6:00-6:45pm</b> <b>Athletic Conditioning</b> Robin   Parking Deck			<b>5:30-6:15pm</b> <b>Cycle</b> Julie   Pavilion			

## ZOOM LIVE CLASS SCHEDULE (Mon-Fri)

<b>9:30am</b> (*starts 10/12) <b>Jacki's Dance</b> Sara	<b>9:30am</b> (*last class 10/6) <b>Jacki's Dance</b> Sara	<b>9:30am</b> <b>Jacki's Dance</b> Sara		<b>9:30am</b> <b>Jacki's Dance</b> Sara
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**STARTING MONDAY, OCTOBER 5th:**

Every Monday we will release **NEW On-Demand Workouts!**

Access anytime at: [www.charlottejcc.org/ondemand](http://www.charlottejcc.org/ondemand)



zoom

[charlottejcc.org/OnlineFitness](http://charlottejcc.org/OnlineFitness)



**PINK**text denotes change from previous schedule.



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



Questions?

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