



NOV 2020

EFFECTIVE: Sun, 11/01/20

Group Exercise Schedule

IN-PERSON CLASSES > OUTDOORS at Levine JCC

MON	TUE	WED	THU	FRI	SAT	SUN
7:00-7:45am HIIT Lyn Pavilion	6:00-6:45am HIIT Jim Pavilion	7:00-7:45am HIIT Jenny Pavilion	6:00-6:45am HIIT John Pavilion	7:00-7:45am HIIT Bridget Pavilion	12:15-1:00pm CSI Bridget Pavilion	8:00-8:45am Cycle Fusion Tara Pavilion
9:00-9:45am Cycle Shannan Pavilion	7:00-7:45am HIIT Jim Pavilion	9:00-9:45am Cycle Shannan Pavilion	7:00-7:45am HIIT John Pavilion	9:00-9:45am Cycle Shannan Pavilion	1:30-2:15pm Cardio Dance Karen Pavilion	9:00-9:45am Athletic Conditioning Tara Parking Deck
10:30-11:15am Pilates Anne Pavilion	8:00-8:45am Athletic Conditioning Robin Pavilion	10:15-11:00am Barre Sculpt Karen Pavilion 	8:00-8:45am Athletic Conditioning Robin Pavilion	10:15-11:00am Pound Karen Pavilion		9:00-9:45am Cycle Julie Pavilion
12:00-12:45pm Yoga Sculpt Debbie Pavilion 	9:00-9:45am Cardio Dance Agata Pavilion 	5:30-6:15pm Yoga Chrys Pavilion 	9:00-9:45am Cardio Dance Lyn Pavilion 			10:00-10:45am Cardio Dance Agata Pavilion
5:30-6:15pm Cardio Dance Karen Pavilion	12:00-12:45pm Mat Pilates Vicki New Gym	6:00-6:45pm Cardio Dance Agata Parking Deck	12:00-12:45pm Deep Stretch Jane New Gym			
6:00-6:45pm Athletic Conditioning Robin Parking Deck	5:30-6:15pm Cycle Julie Pavilion		5:30-6:15pm Strengthen & Stretch Jenny Parking Deck			
			5:30-6:15pm Cycle Julie Pavilion			

New!

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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zoom

LIVE ZOOM CLASS:

MON/WED/FRI 9:30am
Jacki's Dance with Sara

Join us virtually at: www.charlottejcc.org/onlinefitness



NEW On-Demand Workouts released every Monday! Access anytime at: www.charlottejcc.org/ondemand

Levine Jewish Community Center
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