



Rady JCC Group Fitness Schedule – May 2019

Sunday
8:00 AM Cycle/Yoga Gord- May 5,12,19 Morrisa- May 26
9:00 AM Sculpt Jacquie
10:00 AM Group Cycle Morrisa- May 5,19,26 Maria R- May 12
10:00 AM Zumba Mila- May 5,19 Liad- May 12,26
11:00 AM Yoga Fit Maria V- May 5 Susan- May 12 Julia- May 19,26
11:00 AM Group Cycle/TRX Kevin R- May 5 Maria R- May 12,19,26
11:00 AM Family Yoga (X-Rkade) Rosa
12:15 PM Group Power May 5,26 Averill- May 12,19

Monday
6:15 AM HIIT/Yoga Maria R
6:15 AM Cycle/Core Joanna
9:00 AM Zumba Tone Sharon
9:15 AM Cycle/Yoga Kevin R
10:00 AM Sculpt Melanie- May 6,20 Susan- May 13, 27
11:00 AM Cardio/Muscle Rosina- May 6,20 Jacquie- May 13,27
12:00 PM Group Power(Sculpt) Rosina- May 6,20 Jacquie- May 13,27
1:05 PM Zumba Gold Kristin- May 6,20 Lesly- May 13,27
5:30 PM Tabata (30 Min) Max
6:00-6:15PM Active Recovery Max
6:15 PM Group Power Shayna
7:30 PM Power Yoga Treasure
7:45 PM Group Cycle Joanna

May 20-Victoria Day
(Classes run from 7-4)

Tuesday
6:10 AM Group Power Averill
8:30 AM Spin/Sculpt Andrew
10:00 AM GOLD Cycle Elina
10:00 AM Zumba Liad
11:00 AM YIN Yoga Susan
12:00 PM Cardio/Muscle Melanie
5:00 PM Group Blast Pam
6:00 PM Zumba Mila
7:00 PM Yoga Fit Andrea
8:15 PM YIN Yoga Andrea

Wednesday
6:15 AM Group Cycle Morrisa
6:15 AM Sunrise Yoga Maria V
9:00 AM BOSU/Muscle Kevin R- May 1,15,29 Jacquie- May 8,22
9:15 AM Group Cycle Susan
10:00 AM Strength & Stretch Jacquie- May 1,15,29 Melanie- May 8,22
11:00 AM Cardio/Muscle Melanie
12:05 PM Yoga Fit Andrea
1:05 PM Zumba Gold Meire Anne
5:30 PM Group Power Kathy
6:45 PM Group Blast Mila- May 1,15,29 Kathy- May 8,22
7:15 PM Group Cycle/TRX Elina

Thursday
6:10 AM Group Power Averill
6:15 AM Group Cycle Joanna
9:00 AM Group Blast Max
10:00 AM Cardio/Muscle Jacquie
12:00 PM Sculpt Melanie
5:00 PM Tabata (30 Min) Andrew
5:30-5:45PM Active Recovery Andrew
5:30 PM Zumba Liad- May 2 Sharon-May 9,16,23,30
6:30 PM Yoga Fit Nicole- May 2,23,30 Maria V- May 9,16
7:00 PM Group Cycle Nichole-May 2,16,23,30 May 9-No Class (Yom Ha'atzmaut)
7:45 PM HIIT Kevin R

Friday
6:15 AM Group Cycle Gord- May 3,17,31 Elina- May 10,24
6:15 AM Tabata (30 Min) Joanna
9:00 AM Zumba Anne-May 3 Sharon- May 10,17,23,31
9:15 AM Group Cycle Gord- May 3,17,31 Elina- May 10,24
10:00 AM Sculpt Julia
11:05 AM YIN Yoga Susan
12:05 PM Group Power Elina
1:05 PM Pilates Alan
5:00 PM Group Blast Pam
6:15 PM Zumba Liad

Saturday
9:00 AM Interval Training Jacquie
10:00 AM Group Cycle Gord- May 4,11,18 Maria R- May 25 May 18 - 90 Minute Ride
10:00 AM Yoga Fit Maria V- May 4 Julia-May 11,18,25
11:15 AM Group Blast Shayna- May 4,18 Mila- May 11,25
12:30 PM Group Power May 4,11,18,25

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1



Group Fitness Class Descriptions