



Group Fitness Schedule January 1st – March 31st, 2020

Small Gym Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15 AM			6:15 AM	6:15 AM	
	Cycle/Core Joanna			Group Cycle Joanna	Group Cycle Gord Jan. 31-Amanda Feb. – Amanda Mar. 27 - Amanda	
8:00 AM		8:30 AM				
Cycle/Yoga Gord Jan. 26 - Amanada Feb. - Amanda Mar.1,22&29Amanda		Spin/Sculpt Amanda Jan.7&14-Alex				
	9:15 AM		9:15 AM		9:15 AM	
	Cycle/Yoga Kevin Jan. 27 – Amanda Feb.17&24 - Amanda Mar. 9 - Amanda		Group Cycle Susan Jan. 8 – April Mar.4 – Amanda Mar. 11 – April		Group Cycle Gord Jan. 31 – Amanda Feb. – Amanda Mar. 27 - April	
10:00 AM		10:00 AM				10:00 AM
Group Cycle Morissa		GOLD Cycle Kevin				Group Cycle Gord Feb.1,8,15,29 – Amanda Feb. 22 – Jenna Mar. 21 - Jenna Mar. 28 - Amanda
11:00 AM			12:00 PM			
Group Cycle/TRX Joanna						
	7:15 PM		7:15 PM	7:00 PM		
	Group Cycle Joanna		Group Cycle/TRX Joanna	Group Cycle April Jan. 30 Feb. 6 - Amanda Feb.13 - Kes Mar. 5 - Amanda		

***Questions, concerns or comments? Feel free to email Stephanie Okabe, Group Fitness Coordinator @ sokabe@radyjcc.com**

Saturday, Jan. 4th @ 10:00am – 11:30am
90 Min Cycle Class with Gord

Sunday, Feb 2nd & March 1st @ 10:00am – 11:30am
90 Min Cycle Class with Morissa & Joanna





Class Description

Group Cycle- This 45 minute class in our new cycle studio will test your cardio and lower body strength as you simulate riding through a scenic landscape.

GOLD Cycle- Lower-paced ride. A baby boomer's favourite.

Group Cycle/Core- Combine the endurance training of Indoor Cycling with a comprehensive core workout.

Group Cycle/Yoga- This program will combine the cardio conditioning of Indoor Cycling with the strength and flexibility of yoga poses. Develop your aerobic system, muscular strength and flexibility in this total body experience.

Spin/Sculpt- This class starts in the cycle studio and focus on cardio and lower body strength. Participants then transition to the aerobic studio where full body resistance training becomes the primary focus.

Class Duration

Cycle: 45 mins

Combo Classes: 1 hr.

Spin/Sculpt: 1hr. 15 mins.