



# GROUP FITNESS SCHEDULE

## SEPTEMBER 5 - DECEMBER 31, 2023

▶ Register for classes at [www.radyjcc.com](http://www.radyjcc.com)

■ Pool ■ Cycle Studio ■ Studio Upstairs ■ Studio Downstairs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Group Cycle</b> 6:15-7:00 am Joanna	<b>NEW Circuit</b> 6:15 am Kevin R	<b>HIIT Express</b> 6:15-7:00 am Joanna	<b>Group Cycle</b> 6:15 am Kevin R	<b>Group Cycle</b> 6:15 am Joanna	
<b>Group Cycle</b> 9:10-9:55 am Lindsey Bryann: Sep 10	<b>Aquafit Combo</b> 9:15-10:10 am Lindsey Kevin: Sep 11  <b>Group Cycle</b> 9:10-9:55 am Gord Amanda: Sep 11, Oct 2 Nov 6  <b>Cardio/Core</b> 9:00 am Melanie Rosa: Sep 11 (cardio/ muscle)	<b>Aquafit Deep</b> 8:30-9:15 am Kevin  <b>Aquafit Shallow</b> 9:15-10:00 am Kevin  <b>Sculpt</b> 9:00 am Melanie Rosa: Sep 12  <b>Group Cycle</b> 9:10-9:55 am Amanda	<b>NEW ABC's</b> <b>Agility, Balance</b> <b>Coordination</b> 9:15-9:55 am Rachelle  <b>Aquafit Deep</b> 9:15-10:10 am Lindsey Kevin: Sep 6  <b>Group Cycle</b> 9:10-9:55 am Susan TBD: Nov 1, Dec 20, 27  <b>Group Cycle</b> 10:10-10:55 am Morrissa Susan: Sep 6, 27	<b>Aquafit Deep</b> 8:30-9:15 am Max  <b>Aquafit Shallow</b> 9:15-10:00 am Max  <b>Cardio/Muscle</b> 9:00 am Amanda	<b>Aquafit Combo</b> 9:15-10:10 am Mary Kevin: Oct 13, 20  <b>Sculpt</b> 9:00 am Melanie Rosa: Sep 15  <b>Group Cycle</b> 9:10-9:55 am Amanda	<b>Interval Training</b> 9:00 am Tracey TBD: Dec 2  <b>Aquafit Combo</b> 9:15-10:10 am Averill Max: Oct 21
<b>Zumba</b> 10:00 am Caroline: Oct 1, 15, 29, Nov 5, 26, Dec 10, 31 Stephanie: Sep 10, 24 Oct 8, 22, Nov 5, 12, 19 Dec 3, 17, 24  <b>Yoga Flow/Yin</b> 11:00 am Rose V Dec 24: TBD	<b>Yoga Flow</b> 10:00 am Susan Rosa: Oct 30, Nov 6 Rose V: Dec 18  <b>Circuit</b> 10:00-10:45 am Cari  <b>Group Cycle</b> 10:10-10:55 am Gord Amanda: Sep 11, Oct 2 Nov 6  <b>Strength &amp; Stretch</b> 11:00 am Jacquie Rosa: Sep 11 Melanie: Oct 2, Nov 6	<b>Zumba</b> 10:00 am Fermel  <b>TRX Intervals</b> 10:00 am Cari TBD: Dec 24  <b>Yin Yoga</b> 11:00 am Susan Rosa: Oct 31 Rose V: Dec 19, 26	<b>Sculpt</b> 10:00 am Melanie Rachelle: Sep 13  <b>Circuit</b> 10:00-10:45 am Daniel Morrissa: Sep 27  <b>Aquafit Shallow</b> 10:15-11:10 am Ashley Kevin: Sep 6 Lindsey: Sep 27  <b>Squat &amp; Step</b> 11:00 am Max Melanie: Dec 27	<b>TRX Intervals</b> 10:00 am Morrissa Cari: Sep 7  <b>Group Cycle</b> 10:10-10:55 am Ashley Susan: Sep 21, 28 TBD: Dec 28  <b>Zumba</b> 10:00 am Sheila  <b>Gentle Flow</b> 11:00 am Viktoriia	<b>Yin Yoga</b> 10:00 am Susan Maria: Oct 27 Jenny: Nov 3 Rose V: Dec 22, 29  <b>Circuit</b> 10:00-10:45 am Cari TBD: Dec 29  <b>Yin Yoga</b> 11:00 am Susan Maria: Oct 27 Jenny: Nov 3 Rose V: Dec 22, 29  <b>Group Cycle</b> 10:10 am Max TBD: Dec 29	<b>Yoga Flow</b> 10:00 am Julia: Sep 30, Oct 14, 28, Nov 25, Dec 9, 23 Rose V: Sep 9, 23, Oct 7, 21, Nov 4, 18 Dec 2, 16, 30 Rosa: Oct 28  <b>Group Cycle</b> 10:10-10:55 am Joanna Bryann: Sep 23, Oct 7, 14  <b>TRX Intervals</b> 11:00 am Tracey TBD: Dec 2
<b>Sculpt</b> 12:00 pm Julia: Oct 1, 15, 29, Nov 26, Dec 10, 24 Lindsey: Sep 24, Oct 8, 22, Nov 5, 12, 19, Dec 3, 17, 31 Rosa: Sep 10  <b>Yin Yoga</b> 4:00 pm Jenny		<b>Yin Yoga</b> 12:00 pm Susan Rosa: Oct 31 Rose V: Dec 19, 26	<b>Yoga Flow</b> 12:00 pm Andrea	<b>Strength &amp; Stretch</b> 12:00 pm Jacquie	<b>Mat Pilates</b> 12:00 pm Alan  <b>H2O HIIT</b> 12:00-12:45 pm Lindsey	<b>Holiday Hours:</b> Sep 16 + 17 CLOSED for Rosh Hashanah Sep 24 8:00 am - 3:00 pm Daytime classes only Sep 25 CLOSED for Yom Kippur Oct 9 8:00 am - 4:00 pm Daytime classes only Nov 11 1:00 pm - 6:00 pm No regularly scheduled classes Dec 25 No regularly scheduled classes Dec 25-29 No aqua classes Dec 26 8:00 am - 4:00 pm
	<b>Zumba</b> 5:30 pm Caroline	<b>TRX Intervals</b> 5:30 pm Lindsey	<b>Zumba</b> 6:00 pm Stephanie	<b>TRX Intervals</b> 5:30 pm Daniel	<b>Cycle Express</b> 5:00-5:30 pm Bryann  <b>NEW</b> <b>Yoga Flow/Yin</b> 5:45 pm Bryann	
	<b>Cycle Strength</b> 7:00-8:15 pm Joanna	<b>Yoga Flow</b> 7:00 pm Maria	<b>Cycle Strength</b> 7:00-8:15 pm Joanna  <b>Yoga Flow/Yin</b> 7:00 pm Stephanie	<b>Yin Yoga</b> 7:00 pm Evan		

Stay tuned for **NEW CLASSES** coming this October!