



GROUP FITNESS SCHEDULE

OCTOBER 1 - DECEMBER 31, 2023

▶ Register for classes at www.radyjcc.com

■ Pool ■ Cycle Studio ■ Studio Upstairs ■ Studio Downstairs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycle 6:15-7:00 am Joanna	NEW Circuit 6:15 am Kevin R	HIIT Express 6:15-7:00 am Joanna	Group Cycle 6:15 am Kevin R	Group Cycle 6:15 am Joanna	
Group Cycle 9:10-9:55 am Lindsey	Aquafit Combo 9:15-10:10 am Lindsey Group Cycle 9:10-9:55 am Gord Amanda: Nov 6 Cardio/Core 9:00 am Melanie	Aquafit Deep 8:30-9:15 am Kevin Aquafit Shallow 9:15-10:00 am Kevin Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda	NEW ABC's Agility, Balance Coordination 9:15-9:55 am Rachelle Aquafit Deep 9:15-10:10 am Kevin Group Cycle 9:10-9:55 am Susan TBD: Nov 1, Dec 20, 27 Group Cycle 10:10-10:55 am Morrisa	Aquafit Deep 8:30-9:15 am Max Aquafit Shallow 9:15-10:00 am Max Cardio/Muscle 9:00 am Amanda	Aquafit Combo 9:15-10:10 am Mary Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda	Interval Training 9:00 am Tracey TBD: Dec 2 Aquafit Combo 9:15-10:00 am Averill
Zumba 10:00 am Caroline: Nov 5, 26, Dec 10, 31 Stephanie: Nov 5, 12, 19, Dec 3, 17, 24 Yoga Flow/Yin 11:00 am Rose Dec 24: TBD	Yoga Flow 10:00 am Susan Rosa: Nov 6 Rose: Dec 18 Circuit 10:00-10:45 am Cari Group Cycle 10:10-10:55 am Gord Amanda: Nov 6 Strength & Stretch 11:00 am Jacquie Melanie: Nov 6	Zumba 10:00 am Fermel TRX Intervals 10:00 am Cari TBD: Dec 24 Yin Yoga 11:00 am Susan Rose: Dec 19, 26	Sculpt 10:00 am Melanie Circuit 10:00-10:45 am Daniel Aquafit Shallow 10:15-11:10 am Ashley Squat & Step 11:00 am Max Melanie: Dec 27	TRX Intervals 10:00 am Morrisa Group Cycle 10:10-10:55 am Ashley TBD: Dec 28 Zumba 10:00 am Sheila Gentle Flow 11:00 am Viktoriia	Yin Yoga 10:00 am Susan Jenny: Nov 3 Rose: Dec 22, 29 Circuit 10:00-10:45 am Cari TBD: Dec 29 Yin Yoga 11:00 am Susan Jenny: Nov 3 Rose: Dec 22, 29 Group Cycle 10:10 am Max TBD: Dec 29	Yoga Flow 10:00 am Julia: Nov 25, Dec 9, 23 Rose: Nov 4, 18, Dec 2, 16, 30 Group Cycle 10:10-10:55 am Joanna TRX Intervals 11:00 am Tracey TBD: Dec 2
Sculpt 12:00 pm Julia: Nov 26, Dec 10, 24 Lindsey: Nov 5, 12, 19, Dec 3, 17, 31 Yin Yoga 4:00 pm Jenny	NEW ABC's Agility, Balance Coordination 12:00-12:40 pm Lindsey	Yin Yoga 12:00 pm Susan Rose: Dec 19, 26	Yoga Flow 12:00 pm Andrea	Strength & Stretch 12:00 pm Jacquie	Mat Pilates 12:00 pm Alan H2O HIIT 12:00-12:45 pm Lindsey	NEW Cardio/Muscle 2:00 pm Elham
	Zumba 5:30 pm Caroline	TRX Intervals 5:30 pm Lindsey NEW Mat Pilates 6:00 pm Becky	NEW Circuit 5:00 pm Elham Zumba 6:00 pm Stephanie	TRX Intervals 5:30 pm Daniel	Cycle Express 5:00-5:30 pm Bryann NEW Yoga Flow/Yin 5:45 pm Bryann	
	Cycle Strength 7:00-8:15 pm Joanna NEW H2O HIIT 8:15-9:00 pm Averill NEW Yoga Flow/Yin 8:00 pm Jenny	Yoga Flow 7:00 pm Maria	Cycle Strength 7:00-8:15 pm Joanna Yoga Flow/Yin 7:00 pm Stephanie NEW Squat & Step Express 8:00-8:45 pm Max TBD: Dec 27	Yin Yoga 7:00 pm Evan	Holiday Hours: 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	