



**Rady JCC**

# GROUP FITNESS SCHEDULE

January 2 - March 31, 2024

▶ 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>Circuit</b> 6:15 am Kevin R Joanna: Jan 2	<b>HIIT Express</b> 6:15-7:00 am Joanna	<b>Group Cycle</b> 6:15 am Kevin R Joanna: Jan 4	<b>Group Cycle</b> 6:15 am Joanna TBD: Feb 9 Cari: Feb 23	
<b>NEW</b> <b>Cardio/Muscle</b> 9:00 am Lindsey	<b>Aquafit Combo</b> 9:15-10:10 am Lindsey Averill: Feb 19  <b>Group Cycle</b> 9:10-9:55 am Gord: Jan 8, 15, 22, Mar 11, 18, 25 Amanda: Jan 29, Feb 5, 19, 26, Mar 4 TBD: Feb 12  <b>Cardio/Core</b> 9:00 am Melanie	<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  <b>Group Cycle</b> 9:10-9:55 am Amanda Morrissa: Jan 2 TBD: Feb 13, Mar 26	<b>NEW TIME</b> <b>Circuit</b> 9:00-9:45 am Amanda Lindsey: Jan 3 TBD: Feb 14, Mar 27  <b>ABC's</b> <b>Agility, Balance</b> <b>Coordination</b> 9:15-9:55 am Rachele No class: Jan 3 TBD: Feb 14, 21, Mar 6  <b>Aquafit Combo</b> 9:15-10:10 am Kevin  <b>Group Cycle</b> 9:10-9:55 am Susan Cari: Jan 10, Feb 14, Mar 13 Morrissa: Jan 3, Mar 20  <b>Group Cycle</b> 10:10-10:55 am Morrissa	<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 Melanie: Jan 4, Feb 15, Mar 28	<b>Sculpt</b> 9:00 am Melanie  <b>Group Cycle</b> 9:10-9:55 am Amanda Morrissa: Jan 5 TBD: Feb 16 Rosa: Mar 29  <b>Aquafit Combo</b> 9:15-10:10 am Kevin	<b>Interval Training</b> 9:00 am Elham Joanna: Feb 17  <b>Aquafit Combo</b> 9:15-10:00 am Averill
<b>Zumba</b> 10:00 am Caroline: Jan 14, 28, Feb 4, 11, 25, Mar 24, 31 Stephanie: Jan 7, 21, Feb 18, Mar 3, 10, 17  <b>Yoga Flow/Yin</b> 11:00 am Rose	<b>Yoga Flow</b> 10:00 am Susan Rose: Jan 8, Feb 12, Mar 11, 18  <b>Circuit</b> 10:00-10:45 am Cari Amanda: Feb 5 TBD: Mar 25  <b>Group Cycle</b> 10:10-10:55 am Gord: Jan 8, 15, 22, Mar 11, 18, 25 Ashley: Jan 29, Feb 5, 12, 26, Mar 4 Amanda: Feb 19  <b>Strength &amp;</b> <b>Stretch</b> 11:00 am Jacquie: Jan 8, 15, 22, Mar 11, 18, 25 Mel: Jan 29, Feb 5, 12, 19, 26, Mar 4	<b>Zumba</b> 10:00 am Fermel  <b>TRX Intervals</b> 10:00 am Cari Morrissa: Jan 2 TBD: Feb 6, Mar 26  <b>Yin Yoga</b> 11:00 am Susan Rose: Jan 2, 9, Feb 13, Mar 12, 19	<b>Sculpt</b> 10:00 am Melanie  <b>Squat &amp; Step</b> 11:00 am Max	<b>TRX Intervals</b> 10:00 am Elham Morrissa: Feb 15  <b>Group Cycle</b> 10:10-10:55 am Ashley TBD: Mar 28  <b>Zumba</b> 10:00 am Sheila  <b>Gentle Flow</b> 11:00 am Viktoriia	<b>Yin Yoga</b> 10:00 am Susan Andrea: Jan 5, 12, Feb 16 Mar 8, 15, 22  <b>Circuit</b> 10:00-10:45 am Cari Elham: Jan 5, Feb 9, Mar 22, 29  <b>Yin Yoga</b> 11:00 am Susan Andrea: Jan 5, 12, Feb 16 Mar 8, 15, 22  <b>Group Cycle</b> 10:10 am Max	<b>Yoga Flow</b> 10:00 am Julia: Jan 6, 20, Feb 3, Mar 2, 16, 30 Rose: Jan 13, 27 Feb 10, 17, 24, Mar 9, 23  <b>Group Cycle</b> 10:10-10:55 am Joanna TBD: Feb 10 Cari: Feb 24  <b>TRX Intervals</b> 11:00 am Elham Joanna: Feb 17
<b>Sculpt</b> 12:00 pm Julia: Jan 7, 21, Feb 4, 18, Mar 3, 17, 31 Lindsey: Jan 14, 28, Feb 11, 25, Mar 10, 24  <b>Yin Yoga</b> 4:00 pm Jenny Lindsey: Jan 28	<b>ABC's</b> <b>Agility, Balance</b> <b>Coordination</b> 12:00-12:40 pm Lindsey No class: Feb 19	<b>Yin Yoga</b> 12:00 pm Susan Rose: Jan 2, 9, Feb 13, Mar 12, 19  <b>NEW TIME</b> <b>H2O HIIT</b> 12:00-12:45 pm Lindsey	<b>Yoga Flow</b> 12:00 pm Andrea Lindsey: Jan 17, 24	<b>Strength &amp;</b> <b>Stretch</b> 12:00 pm Jacquie: Jan 4, 11, 18, 25, Mar 14, 21, 28 Elham: Feb 1, 8, 22, 29 Mar 7 Mel: Feb 15	<b>Mat Pilates</b> 12:00 pm Alan	<b>Cardio/Muscle</b> 2:00 pm Elham TBD: Feb 17
	<b>Zumba</b> 5:30 pm Caroline  <b>Cycle Strength</b> 7:00-8:15 pm Joanna  <b>Yoga Flow/Yin</b> 7:30 pm Jenny  <b>H2O HIIT</b> 8:15-9:00 pm Averill	<b>TRX Intervals</b> 5:30 pm Elham  <b>Mat Pilates</b> 6:00 pm Becky Alan: Jan 2, 9  <b>Yoga Flow</b> 7:00 pm Maria	<b>Circuit</b> 5:00 pm Elham  <b>Zumba</b> 6:00 pm Stephanie Caroline: Jan 3  <b>Yoga Flow/Yin</b> 7:00 pm Stephanie Evan: Jan 3  <b>Cycle Strength</b> 7:00-8:15 pm Joanna	<b>NEW</b> <b>Cardio/Muscle</b> 5:30 pm Julia: Jan 11, 25, Feb 8, 29, Mar 14, Mar 28 Brenley: Jan 4, 18, Feb 1, 15, 22, Mar 7, 21  <b>Yin Yoga</b> 7:00 pm Evan	<b>NEW</b> <b>HIIT/Yoga</b> 5:00 pm Bryann	<b>Holiday Hours:</b> Monday, Feb 19 Louis Riel Day 8:00 am - 4:00 pm  Monday, Mar 29 Good Friday 8:00 am - 4:00 pm  <b>Pool Closure:</b> Begins Mar 12