



GROUP FITNESS SCHEDULE

April 1 - June 30, 2024

▶ 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 Lindsey: Apr 8, 15, 22, 29	Circuit 6:15 am Kevin R	HIIT Express 6:15-7:00 am Joanna Jackson: Apr 10, 17 Brenley: May 1	Group Cycle 6:15 am Kevin R	Group Cycle 6:15 am Joanna Cari: Apr 12, 19, 26 Kevin R: May 3	
Cardio/Muscle 9:00 am Lindsey Rosa: May 5, 12, June 16	Cardio/Core 9:00 am Melanie Group Cycle 9:10-9:55 am Gord Jackson: Apr 22 Amanda: Jun 3 Aquafit Combo 9:15-10:10 am Lindsey No class: May 20	Aquafit Deep 8:30-9:15 am Jackson: April Kevin: May/June Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda Morrissa: Apr 2 Aquafit Shallow 9:15-10:00 am Jackson: April Kevin: May/June	Circuit 9:00-9:45 am Amanda Jackson: Apr 3 Group Cycle 9:10-9:55 am Susan ABC's Agility, Balance Coordination 9:15-9:55 am Rachelle Jackson: Apr 17 TBD: Jun 5, 26 Aquafit Combo 9:15-10:10 am Kevin: April Jackson: May/June Group Cycle 10:10-10:55 am Morrissa Jackson: Apr 3 Susan: May 1, Jun 12, 19	Aquafit Deep 8:30-9:15 am Max Aquafit Shallow 9:15-10:00 am Max Cardio/Muscle 9:00 am Amanda Melanie: Apr 4	Sculpt 9:00 am Melanie Group Cycle 9:10-9:55 am Amanda Aquafit Combo 9:15-10:10 am Jackson	Interval Training 9:00 am Elham Tracey: Apr 20 Joanna: May 18, Jun 15 Aquafit Combo 9:15-10:00 am Averill TBD: Jun 1, 22, 29
Zumba 10:00 am Caroline: Apr 14, 28, May 26, Jun 16, 23, 30 Stephanie: Apr 7, 21 May 5, 19, Jun 2, 9 Rosa: May 12 Yoga Flow/Yin 11:00 am Rose	Yoga Flow 10:00 am Susan Circuit 10:00-10:45 am Cari Group Cycle 10:10-10:55 am Gord Jackson: Apr 22 Ashley: Jun 3 Strength & Stretch 11:00 am Jacquie Melanie: Apr 22, Jun 3	Zumba 10:00 am Fermel TRX Intervals 10:00 am Cari Yin Yoga 11:00 am Susan	Sculpt 10:00 am Melanie Squat & Step 11:00 am Max	TRX Intervals 10:00 am Lindsey Group Cycle 10:10-10:55 am Ashley Zumba 10:00 am Sheila Gentle Flow 11:00 am Viktoriia	Yin Yoga 10:00 am Susan Circuit 10:00-10:45 am Cari Yin Yoga 11:00 am Susan Group Cycle 10:10 am Max TBD: Jun 21	Yoga Flow 10:00 am Rose: Apr 6, 20, May 4, 18, Jun 1, 15, 29 Julia: Apr 13, 27, May 11, 25, Jun 8, 22 Group Cycle 10:10-10:55 am Joanna Bryann: Apr 13, 20, 27 TRX Intervals 11:00 am Elham Tracey: Apr 20, May 18 Jun 15
Sculpt 12:00 pm Lindsey: Apr 7, 21, May 5, 19, Jun 2, 16, 30 Julia: Apr 14, 28 May 12, 26, Jun 9, 23 Yin Yoga 4:00 pm Jenny	ABC's Agility, Balance Coordination 12:00-12:40 pm Lindsey No class: May 20	Yin Yoga 12:00 pm Rose H2O HIIT 12:00-12:45 pm Lindsey	Yoga Flow 12:00 pm Andrea	Strength & Stretch 12:00 pm Jacquie Rosa: Apr 18, 25, May 30	Mat Pilates 12:00 pm Alan	NEW Mat Pilates 1:00 pm Rosa
	Zumba 5:30 pm Caroline Stephanie: Apr 1 Cycle Strength 7:00-8:15 pm Joanna Bryann: Apr 8, 15 NEW TIME Power Flow 7:00 pm Jenny H2O HIIT 8:15-9:00 pm Averill Kevin: Apr 1	TRX Intervals 5:30 pm Elham Lindsey: Jun 18 Mat Pilates 6:00 pm Becky Rosa: Jun 11, 18 Yoga Flow 7:00 pm Maria	Circuit 5:00 pm Jackson Zumba 6:00 pm Stephanie Yoga Flow/Yin 7:00 pm Stephanie Cycle Strength 7:00-8:15 pm Joanna Bryann: Apr 10, 17	Cardio/Muscle 5:30 pm Julia: Apr 4, 18, May 2, 16, 30, Jun 13, 27 Brenley: Apr 11, 25, May 9, 23, Jun 6, 20 Yin Yoga 7:00 pm Evan	Holiday Hours: Monday, April 22 Erev Passover 6:00 am - 4:00 pm Tuesday, April 23 Passover CLOSED Wednesday, April 24 Passover CLOSED Monday, May 20 Victoria Day 8:00 am - 4:00 pm	