



# GROUP FITNESS SCHEDULE

## September 3 - December 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	<b>HIIT Express</b> 6:15-7:00 am Joanna Kevin: Sep 11	<b>Group Cycle</b> 6:15-7:00 am Kevin	<b>Group Cycle</b> 6:15 am Joanna Cari: Sep 13	
<b>Cardio/Muscle</b> 9:00 am Lindsey  <b>Zumba</b> 10:00 am Caroline: Sep 15, 22, Oct 13, 27, Nov 10, 24, Dec 1, 15, 29 Stephanie: Sep 8, 29, Oct 6, 20, Nov 3, 17, Dec 8, 22	<b>Aquafit Combo</b> 9:15-10:10 am Lindsey No class: Sep 30, Oct 14  <b>Cardio/Core</b> 9:00 am Melanie  <b>Group Cycle</b> 9:10-9:55 am Gord Susan: Oct 14 TBD: Dec 23  <b>Yoga Flow</b> 10:00 am Susan Rose: Sep 16, 23, Dec 16, 23, 30	<b>Aquafit Deep</b> 8:30-9:15 am Mary TBD: Dec 17, 31  <b>Sculpt</b> 9:00 am Melanie Jacquie: Oct 22  <b>Group Cycle</b> 9:10-9:55 am Amanda Cari: Sep 3, 10 Rosa: Sep 17, 24  <b>Aquafit Shallow</b> 9:15-10:00 am Mary TBD: Dec 17, 31	<b>ABC's Agility, Balance Coordination</b> 9:15-9:55 am Rachelle  <b>Circuit</b> 9:00-9:45 am BEGINS OCT 9 Amanda  <b>Group Cycle</b> 9:10-9:55 am Susan Gord: Sep 18, Nov 6, Dec 18 Morrissa: Sep 25  <b>Aquafit Combo</b> 9:15-10:10 am Kevin	<b>Aquafit Deep</b> 8:30-9:15 am Max Kevin: Sep 12  <b>Aquafit Shallow</b> 9:15-10:00 am Max Kevin: Sep 12  <b>Cardio/Muscle</b> 9:00 am Amanda Melanie: Sep 5, 12, 19, 26	<b>Aquafit Combo</b> 9:15-10:10 am Susan Kevin: Sep 6, Oct 11, 18, 25  <b>Sculpt</b> 9:00 am Melanie  <b>Group Cycle</b> 9:10-9:55 am Amanda Susan: Sep 6 Gord: Sep 13 Lindsey: Sep 20 Morrissa: Sep 27	
<b>Yoga Flow/Yin</b> 11:00 am Rose Rosa: Oct 6	<b>Group Cycle</b> 10:10-10:55 am Gord TBD: Oct 14, Dec 23  <b>Circuit</b> 10:00-10:45 am Cari Morrissa: Sep 23 TBD: Oct 14, Dec 23  <b>Strength &amp; Stretch</b> 11:00 am Jacquie Melanie: Oct 14, Dec 23	<b>TRX Intervals</b> 10:00 am Cari Rosa: Oct 8 TBD: Sep 24, Dec 24  <b>Zumba</b> 10:00 am Fermel  <b>Yin Yoga</b> 11:00 am Susan Rosa: Sep 17, 24, Nov 12, Dec 17, 24, 31	<b>Sculpt</b> 10:00 am Melanie Rachelle: Oct 23  <b>Group Cycle</b> 10:10-10:55 am Morrissa Gord: Sep 18 Susan: Oct 9, 16, 23  <b>Squat &amp; Step</b> 11:00 am Max Melanie: Sep 11	<b>TRX Intervals</b> 10:00 am Morrissa TBD: Oct 10, 17, 24, Dec 26  <b>Zumba</b> 10:00 am Sheila  <b>Group Cycle</b> 10:10-10:55 am Ashley Susan: Sep 5, Oct 17 Rosa: Dec 26  <b>Gentle Flow</b> 11:00 am Viktoriiia	<b>Yin Yoga</b> 10:00 am Susan Rose: Sep 20, 27 Andrea: Nov 8, Dec 20, 27  <b>Circuit</b> 10:00-10:45 am Cari Lindsey: Oct 11 TBD: Dec 20, 27  <b>Group Cycle</b> 10:10-10:55 am Max Gord: Sep 13 TBD: Dec 27  <b>NEW H2O HITT</b> 10:15-11:00 am Susan Lindsey: Sep 6 Kevin: Oct 18, 25 Ashley: Oct 11, Nov 1  <b>Yin Yoga</b> 11:00 am Susan Rose: Sep 20, 27 Andrea: Nov 8, Dec 20, 27	<b>Yoga Flow</b> 10:00 am Julia: Sep 28, Oct 26, Nov 23, Dec 21 Rose: Sep 7, 14, 21, Oct 14, Nov 2, 9, 16, 30, Dec 7, 14, 28 Rosa: Oct 5  <b>Group Cycle</b> 10:10-10:55 am Susan Joanna: Sep 7, Oct 19, 26, Nov 2  <b>TRX Intervals</b> 11:00 am Elham Joanna: Nov 9, 16
<b>Sculpt</b> 12:00 am Julia: Sep 29, Oct 27, Nov 24, Dec 22 Lindsey: Sep 8, 15, 22, Oct 6, 13, 20, Nov 3, 10, 17, Dec 1, 8, 15, 29  <b>Yin Yoga</b> 4:00 pm Jenny	<b>ABC's Agility, Balance Coordination</b> 12:00 pm Lindsey No class: Sep 30, Oct 14	<b>H2O HITT</b> 12:00-12:45 pm Lindsey Kevin: Sep 24	<b>Yoga Flow</b> 12:00 pm Andrea Rosa: Sep 4	<b>Strength &amp; Stretch</b> 12:00 pm Jacquie Viktoriiia: Sep 12 Melanie: Oct 17 TBD: Dec 26	<b>Mat Pilates</b> 12:00 pm Alan	<b>Cardio/Muscle</b> 2:00 pm Rosa
	<b>Zumba</b> 5:30 pm Caroline  <b>Cycle Strength</b> 7:00-8:15 pm Joanna  <b>Power Flow</b> 7:30 pm Jenny  <b>H2O HITT</b> 8:15-9:00 pm Averill	<b>TRX Intervals</b> 5:30 pm Elham Lindsey: Nov 12  <b>Mat Pilates</b> 6:00 pm Rosa  <b>Yoga Flow</b> 7:00 pm Maria	<b>Circuit</b> 5:00 pm Brenley: Sep 4, 11, 18, Oct 16, 23, Nov 13, 20, Dec 4, 11, 18 Max: Sep 25, Oct 9, 30, Nov 6, 27  <b>Zumba</b> 6:00 pm Stephanie Caroline: Sep 11  <b>Yoga Flow/Yin</b> 7:00 pm Stephanie Rosa: Sep 11  <b>Cycle Strength</b> 7:00-8:15 pm Joanna Tracey: Sep 11	<b>Cardio/Muscle</b> 5:30 pm Julia: Sep 5, 19, Oct 17, 31, Nov 14, 28, Dec 12 Elham: Sep 12, 26, Oct 10, 24, Nov 7, 21, Dec 5, 19  <b>Yin Yoga</b> 7:00 pm Evan		

No Aquafit  
December 24 - 26

Holiday Closures:

Thursday, Oct 3  
Rosh Hashana  
No Classes

Friday, Oct 4  
Rosh Hashana  
No Classes

Saturday, Oct 12  
Yom Kippur  
No Classes

Holiday Hours:

Wednesday, Oct 2  
Erev Rosh Hashana  
6:00 am - 4:00 pm  
Daytime classes run

Friday, Oct 11  
Erev Yom Kippur  
6:00 am - 4:00 pm  
Daytime classes run

Monday, Oct 14  
Thanksgiving  
6:00 am - 4:00 pm  
Daytime classes run

Monday, Nov 11  
Remembrance Day  
1:00 pm - 9:00 pm  
Evening classes run

Tuesday, Dec 24  
Christmas Eve  
6:00 am - 4:00 pm  
Daytime classes run

Wednesday, Dec 25  
Christmas Day  
8:00 am - 4:00 pm  
No regular classes

Thursday, Dec 26  
Boxing Day  
8:00 am - 4:00 pm  
Daytime classes run

Tuesday, Dec 31  
New Years Eve  
6:00 am - 4:00 pm  
Daytime classes run