

MARGATE KATZ JCC GROUP EXERCISE SCHEDULE

(effective **SEPTEMBER 7, 2015**)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-6:45a TABATA CORE LAWRENCE-Group X Studio	6:00-6:45a INSANITY EILEEN-Group X Studio	6:00-7:00a INDOOR CYCLING SINDY	6:00-6:45a INSANITY EILEEN-Group X Studio	6:00-7:00a INDOOR CYCLING STEVE		
	6:00-7:00a INDOOR CYCLING SINDY		7:00-7:45a ZUMBA ARLIN Group X Studio	6:00-7:00a INDOOR CYCLING DEB M.	7:00-7:45a ZUMBA ARLIN-Group X Studio	7:00-7:45a INSANITY ANTHONY-Group X Studio	
	7:00-7:45a ZUMBA LISA G.-Group X Studio		8:00-8:45a Hi/Lo H.I.I.T. Lisa G. - Group X Studio	7:15-8:15a PUMPIN' IRON DEB M.-Group X Studio*	8:15-9:15a INDOOR CYCLING STEVE	7:15-8:15a INDOOR CYCLING LAWRENCE	
	8:00-9:00a HATHA YOGA & More JANET 2 nd floor M/B Studio	8:00-9:00a LIGHT COMBO DEB M. Group X Studio	8:15-9:15a INDOOR CYCLING LAWRENCE	8:15-9:15a 'Slow Flow' YOGA DEANA 2 nd floor M/B Studio	8:30-9:30a VINYASA YOGA BERNADETTE M/B Studio	8:00-8:50a PUMPIN' IRON DONNA I.-Group X Studio*	NEW! 8:00-9:00a ZAK ATTACK KICKBOXING ZACK-Group X Studio
	8:30-9:30a CORE CAMP SANDY-Group X Studio	8:15-9:15a INDOOR CYCLING STEVE	8:30-9:30a PILATES RUTHANN-2 nd Floor MB Studio	8:15-9:15a INDOOR CYCLING ANTOINETTE	8:30-9:30a TOTAL BODY LISA B.-Group X Studio (JON SUBBING)	8:30-9:30a VINYASA YOGA BERNADETTE 2 nd Floor M/B Studio	8:15-9:15a PILATES Ruthann-2 nd Floor Studio
	9:30-10:30a PUMPIN' IRON LAWRENCE-Group X Studio*	8:30-9:30a YOGALATES Level II/III SINDY 2 nd floor MB Studio	9:00-10:00a EXTREME CIRCUIT GREG -Group X Studio	8:30-9:30a Barre EXPRESS SINDY-Fitness HALLWAY	9:30-10:30a Bender Ball VANESSA-Group X Studio	9:00-10:00a ZUMBA ARMANDO-Group X Studio	8:30-9:30a INDOOR CYCLING STEVE
	9:30-10:30a INDOOR CYCLING DEB W.	9:30-10:30a ZUMBA SARGE-Group X Studio	9:30-10:30a INDOOR CYCLING ANTOINETTE	9:30-10:30a GROUP PILOXING KIRSTEN-Group X Studio	9:30-10:30a INDOOR CYCLING LISA B (LAWRENCE SUBBING)	9:30-10:30a INDOOR CYCLING SINDY	9:15-10:00a Barre EXPRESS Kirsten-Fitness Hallway
	BEGINS OCT. 19 9:45-10:45a MINDFULNESS MEDITATION JASON-2 nd floor M/B	9:30-10:30a INDOOR CYCLING ANTOINETTE	10:00-10:45a PUMPIN' IRON REMY-Group X Studio*	9:30-10:30a INDOOR CYCLING BRENDA	BEGINS OCT. 23 9:45-10:45a MINDFULNESS MEDITATION JASON-2 nd floor M/B	10:15-11:00a INSANITY ANTHONY- Group X Studio	10:00-11:00a HATHA YOGA MERYL-2 nd floor MB Studio
	10:45-11:30a ACTIVE ADULT Balance /Conditioning MARYANN-Group X Studio	10:45-11:45a MOVEIT-1 MARYANN-Group X Studio	10:30-11:30a HATHA YOGA & More JANET-2 nd Floor MB Studio	9:45-10:45a CHI KUNG ROSE-2 nd floor M/B	10:45-11:15a TABATA express REMY-Group X Studio		10:30-11:30a PUMPIN' IRON LAWRENCE-Group X Studio
	BEGINS OCT. 12 10:30-11:15p *FEE-BASED TRX GREG-Fitness hallway	BEGINS OCT. 13 12:00-12:15p FREE Information session TRX Antoinette-Fitness hallway	BEGINS OCT. 14 12:00-12:45p *FEE-BASED TRX AILEEN-Fitness hallway	10:45-11:45a MOVEIT-1 MARYANN-Group X Studio	BEGINS OCT. 16 11:15-12:00p *FEE-BASED TRX Cheryll-Fitness hallway		
		12:00-12:30p TABATA express REMY-Group X Studio	11:00-11:45a TABATA LAWRENCE-Group X Studio	11:00-12:00a HATHA YOGA & More REMY-2 nd Floor MB Studio	12:00-1:00p *Fee-based JON SIMON BOXING		
	4:30-5:30p Barre RUTHANN-Group X Studio	5:45-6:30p PIYO STRENGTH CHERYLL-Group X Studio	5:45-6:45p PUMPIN' IRON LAWRENCE -Group X Studio	4:30-5:30p ZUMBA JEN- Group X Studio			
	5:45-6:15p INSANITY EILEEN-Group X Studio	NEW TIME! 6:15-7:15p INDOOR CYCLING DONNA B.	6:00-6:45p INDOOR CYCLING EILEEN	5:45-6:30p INSANITY ANTHONY-Group X Studio			
	6:45-7:45p VINYASA LEVEL 1/2 RACHAEL- 2 nd Floor MB Studio	7:00-8:00p VINYASA LEVEL 1/2 VAL-2 nd Floor MB Studio	BEGINS OCT. 14 6:30p-7:15p *FEE-BASED TRX Cheryll-Fitness hallway	6:00-7:00p HATHA YOGA & More JANET-2 nd Floor MB Studio			
		7:00-8:00p *Fee-based JON SIMON BOXING	6:45-7:45p VINYASA FLOW RACHAEL- 2 nd floor M/B Studio	7:00-8:00p *Fee-based JON SIMON BOXING			



\$10 drop in fee
6 - session package \$50
Purchase at front desk

*JON SIMON BOXING
FEE-BASED: \$10 member/\$15 non-member (please pay at front desk before class begins)

FACILITY HOURS:
Monday-Thursday 5:30a-10:00p
Friday: 5:30a-6:00p
Saturday - Sunday: 7:00a-5:00p
BABYSITTING HOURS:
Monday-Friday 8:30a-12:00p

ALL INDOOR CYCLING CLASSES REQUIRE PHONE-IN RESERVATIONS- CALL 609.822.1167, ext. 0. TWO (2) hours prior to any indoor cycling class. *Pumpin' IRON-IN PERSON RESERVATION REQUIRED 15 MIN BEFORE CLASS (sign in sheet located in group x studio). PLEASE do not call front desk to reserve spot. For safety reasons, no admittance 5 minutes after Pumpin' Iron class begins. All other classes are available on a first come, first serve basis. CLASS SCHEDULE SUBJECT TO CHANGE. All other classes on this schedule are included with JCC Membership. Please direct any and all group exercise comments or questions to Antoinette Wood, Group Exercise Director at, ext. 116 or email awood@jccatlantic.org. Visit us at www.icc.atlantic.org.