



# JCC MARGATE GROUP EXERCISE SCHEDULE (Effective Monday, AUGUST 22 through Monday SEPT. 5, 2016)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00a <b>SCHWINN</b> INDOOR CYCLING SINDY	6:00-7:00a <b>SCHWINN</b> INDOOR CYCLING TONYA	6:00-7:00a <b>SCHWINN</b> INDOOR CYCLING SINDY	6:00-7:00a <b>SCHWINN</b> INDOOR CYCLING DEB M.	6:00-7:00 <b>SCHWINN</b> INDOOR CYCLING STEVE	7:15-8:15a <b>SCHWINN</b> INDOOR CYCLING CHERYLL	
7:00-7:45a <b>ZUMBA</b> fitness LISA G. -Group X Studio	6:00-6:45a <b>INSANITY</b> EILEEN-Group X Studio	7:00-7:45a <b>ZUMBA</b> fitness ARLIN Group X Studio	6:00-6:45a <b>INSANITY</b> EILEEN-Group X Studio	7:00-7:45a <b>ZUMBA</b> fitness ARLIN-Group X Studio	7:00-7:45a <b>INSANITY</b> ANTHONY-Group X Studio	
8:00-9:00a <b>HATHA</b> YOGA JANET 2 <sup>nd</sup> floor M/B Studio	8:00-8:55a <b>LIGHT COMBO</b> DEB M. Group X Studio	8:00-8:45a <b>Hi/Lo H.I.I.T.</b> LISA G. Group X Studio	7:15-8:15a <b>PUMPIN' IRON</b> DEB M.-Group X Studio*	8:00-9:00a (Last class Sept. 2nd) <b>BEACH WORKOUT</b> Lawrence & Lisa B. Jerome Ave Beach	8:00-8:50a <b>PUMPIN' IRON</b> DONNA I. -Group X Studio*	8:15-9:15a <b>ZUMBA</b> fitness LUIS-Group X Studio
8:15-9:15a <b>SCHWINN</b> INDOOR CYCLING Steven (summer only)	8:15-9:15a <b>SCHWINN</b> INDOOR CYCLING ANTOINETTE	8:15-9:15a <b>SCHWINN</b> INDOOR CYCLING Steven (summer only)	8:15-9:15a <b>SCHWINN</b> INDOOR CYCLING ANTOINETTE	8:15-9:15a <b>SCHWINN</b> INDOOR CYCLING Steven (summer only)	8:30-9:15a (FEE) <b>TRX</b> CIRCUIT Cheryll-Fitness HALLWAY	8:15-9:15a <b>PILATES</b> VANESSA-2 <sup>nd</sup> Floor Studio
8:30-9:20a <b>CORE CAMP</b> SANDY-Group X Studio	8:30-9:30a <b>YOGALATES</b> Level II/III SINDY 2 <sup>nd</sup> floor MB Studio	8:30-9:30a-new time <b>PILATES</b> Aline-2 <sup>nd</sup> Floor MB Studio	8:30-9:30a-new time <b>STRETCH &amp; FLEX</b> <b>YOGA</b> Kelly-2 <sup>nd</sup> Floor MB Studio		8:30-9:30a <b>VinyasaYOGA</b> BERNADETTE 2 <sup>nd</sup> Floor M/B Studio	8:30-9:30a <b>SCHWINN</b> INDOOR CYCLING STEVE
9:30-10:30a <b>PUMPIN' IRON</b> ANTOINETTE-Group X Studio*	9:00-10:00a <b>ZUMBA</b> fitness Jenny-Group X Studio	9:00-10:00a <b>BOOTCAMP</b> GREG -Group X Studio	8:30-9:30a <b>Bender Barre Method</b> SINDY-Group X Studio	8:30-9:30a <b>VinyasaYOGA</b> BERNADETTE 2 <sup>nd</sup> Floor M/B Studio	9:00-10:00a <b>ZUMBA</b> fitness LUIS-Group X Studio	9:30-10:30a <b>LOC BOXING</b> LAWRENCE-Group X Studio
9:30-10:30a <b>SCHWINN</b> INDOOR CYCLING DEB W.	9:30-10:30a <b>SCHWINN</b> INDOOR CYCLING STEVE	9:30-10:30a <b>SCHWINN</b> INDOOR CYCLING ANTOINETTE	9:30-10:30a <b>SCHWINN</b> INDOOR CYCLING TONYA	9:30-10:30a <b>SCHWINN</b> INDOOR CYCLING LISA B.	9:30-10:30a <b>SCHWINN</b> INDOOR CYCLING SINDY	9:30-10:30a <b>Bender Barre Method</b> Vanessa-Fitness HALLWAY
11:00-11:45a <b>PILATES</b> PEGGY-2 <sup>nd</sup> Floor M/B Studio	10:00-11:00a <b>LOC BOXING</b> LAWRENCE-Gymnasium	10:00-10:45a <b>PUMPIN' IRON</b> REMY-Group X Studio*	9:30-10:30a <b>LOC BOXING</b> LAWRENCE-Group X Studio	9:30-10:30a <b>Bender Ball</b> VANESSA-Group X Studio	10:00-11:00a <b>PILATES</b> w/PROPS Aline-2 <sup>nd</sup> Floor M/B Studio	10:00-11:00a <b>VinyasaYOGA</b> LEVEL 1/2 Patti-2 <sup>nd</sup> floor MB Studio
10:15-11:00a (FEE) <b>TRX</b> CIRCUIT Aline-Fitness HALLWAY	10:45-11:45a <b>MOVEIT-1</b> MARYANN-Group X Studio	10:15-11:00a (FEE) <b>TRX</b> CIRCUIT Cheryll-Fitness HALLWAY	9:45-10:45a <b>CHI KUNG</b> ROSE-2 <sup>nd</sup> floor M/B		10:15-11:00a <b>INSANITY</b> ANTHONY-Group X Studio	10:30-11:30a <b>PUMPIN' IRON</b> LAWRENCE -Group X Studio
10:45-11:30a <b>ACTIVE ADULT</b> MARYANN-Group X Studio			10:45-11:45a <b>MOVEIT-1</b> MARYANN-Group X Studio	10:30-11:00p <b>BARRE CODE</b> TABATA/BARRE COMBO REMY-Fitness Hallway	 <p><b>6 session package \$50/Single \$10</b> Purchase at front desk. <a href="mailto:awood@jccatlantic.org">awood@jccatlantic.org</a> or 822-1167, ext. 116</p> <p><b>JON SIMON</b></p>  <p><b>\$10 member/\$15 guest</b> Please pay at front desk 30 min. before class begins &amp; arrive 15 min. before class to wrap hands</p> <p><b>FACILITY HOURS:</b> Monday-Thursday 5:30a-10:00p Friday: 5:30a-6:00p Saturday – Sunday: 7:00a-5:00p</p> <p><b>BABYSITTING HOURS:</b> Monday-Friday 8:30a-12:00noon</p>	
	12:00-12:30p <b>BARRE CODE</b> TABATA/BARRE COMBO REMY-Fitness Hallway	10:30-11:30a new time <b>HATHA</b> YOGA JANET-2 <sup>nd</sup> Floor MB Studio	11:00a-12:00p new time <b>HATHA</b> YOGA REMY-2 <sup>nd</sup> Floor MB Studio	10:45-11:45a Mindfulness Stretch Cheryll-2 <sup>nd</sup> Floor M/B Studio		
4:45-5:45p <b>Bender Barre Method</b> Kelly-Fitness HALLWAY		4:45-5:45p <b>Bender Barre Method</b> Kelly-Fitness HALLWAY		11:00a-12:00p (FEE) <b>JON SIMON</b> <b>BOXING</b>		
5:45-6:15p <b>INSANITY</b> EILEEN-Group X Studio		5:45-6:30p <b>PUMPIN' IRON</b> Donna I.-Group X Studio	5:45-6:30p <b>INSANITY</b> ANTHONY-Group X Studio			
	6:15-7:15p <b>SCHWINN</b> INDOOR CYCLING DONNA B.	6:00-6:45p <b>SCHWINN</b> INDOOR CYCLING EILEEN				
6:30-7:30p <b>Vinyasa YOGA</b> LEVEL 1/2 Rachael-2 <sup>nd</sup> Floor MB Studio	6:30-7:30p <b>Vinyasa YOGA</b> LEVEL 1/2 VAL-2 <sup>nd</sup> Floor MB Studio	6:30-7:30p <b>Vinyasa YOGA</b> LEVEL 1/2 Patti-2 <sup>nd</sup> Floor MB Studio	6:00-7:00p <b>HATHA</b> YOGA JANET-2 <sup>nd</sup> Floor MB Studio			
	7:00-8:00p (FEE) <b>JON SIMON</b> <b>BOXING</b>		7:00-8:00p (FEE) <b>JON SIMON</b> <b>BOXING</b>			

**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) IN SUMMER ONLY. 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. direct any and all group exercise comments or questions to Antoinette Wood, Group Exercise Director at, 822-1167, ext. 116 or email [awood@jccatlantic.org](mailto:awood@jccatlantic.org). Visit us at [www.jccatlantic.org](http://www.jccatlantic.org). PLEASE BRING YOUR OWN MAT TO CLASS.**