

Sabes JCC Group Exercise Schedule May 15-31st 2012

Please note Memorial Day (May 28th) hours 8am-6pm

Monday

Time	Class	Location	Instructor
6:00 - 7:00am	FIT Class	West Studio	Kevin
8:00 - 9:15am	Yoga 2	East Studio	Renee
8:30 - 9:15am	Water Exercise	Pool	Cyndi
9:30 - 10:15am	Forever Fit Strength	West Studio	Mary
9:30 - 10:30am	Lift n' Pump	East Studio	Julie
10:30 - 11:15am	Group Cycle	East Studio	Julie
10:30 - 11:15am	Silver Sneakers	Auditorium	Mary
11:45 - 12:30pm	Water Exercise	Pool	Mary/Megan
4:30 - 5:30pm	Yoga/Pilates Fusion	Pilates Studio	Linda
5:00 - 5:50pm	Group Cycle	East Studio	Leslie
6:00 - 7:00pm	Yoga 1 & 2	East Studio	Jacki
6:05 - 7:05pm	Zumba	West Studio	Martha
7:15 - 8:15pm	Aikido	West Studio	Vasili

***Please see Memorial Day Schedule
for classes Monday, May 28th

Tuesday

Time	Class	Location	Instructor
8:30 - 9:15am	Water Exercise	Pool	Cyndi
8:30 - 9:30am	Vinyasa Yoga	East Studio	Jordyn
9:15 - 10:15am	Mat Pilates	West Studio	Angela
9:40 - 10:25am	Forever Fit Yoga	Auditorium	Mary
10:30 - 11:30am	Zumba	West Studio	Vanessa
10:30 - 11:15am	Silver Sneakers	Auditorium	Angela
10:30 - 11:30am	Pilates Reformer \$\$	Pilates Studio	Amy
11:30 - 12:15am	Gentle Tai Chi	West Studio	Colin
2:00 - 2:45pm	FIT Class	West Studio	Kevin
5:00 - 5:50pm	Group Cycle	East Studio	Donna
5:00 - 6:00pm	Cardio Kickboxing	West Studio	Tifani
6:00 - 7:00pm	Lift n' Pump	East Studio	Laurie
6:00 - 7:15pm	Vinyasa Yoga	Pilates Studio	Jordyn
6:30 - 7:30pm	***Zumba (see below)	West Studio	Ashley
8:00 - 9:00pm	Krav Maga \$\$	West Studio	Michael

Wednesday

Time	Class	Location	Instructor
6:00 - 6:45am	Group Cycle	East Studio	Dorelle
6:00 - 7:00am	FIT Class	West Studio	Kevin
8:30 - 9:15am	Water Exercise	Pool	Megan/Marvin
9:30 - 10:30am	Vinyasa Yoga	East Studio	Jacki
9:30 - 10:30am	Pilates Reformer \$\$	Pilates Studio	Angela
10:45 - 11:45am	Pilates Reformer \$\$	Pilates Studio	Angela
10:45 - 11:30am	Strong Women	East Studio	Amy
10:30 - 11:15am	Forever Fit	West Studio	Jim
10:30 - 11:15am	Silver Sneakers	Auditorium	Lisa
5:00 - 5:50pm	Group Cycle	East Studio	Leslie
5:00 - 6:00pm	Israeli Dance(Sababa)	West Studio	Shira
6:00 - 7:00pm	Mat Pilates	East Studio	Leslie
6:15 - 7:15pm	Zumba	West Studio	Ashley
7:15 - 8:15pm	Aikido	East Studio	Vasili

Thursday

Time	Class	Location	Instructor
8:30 - 9:15am	Water Exercise	Pool	Mary
8:30 - 9:25am	Mat Pilates	West Studio	Angela
8:30 - 9:30am	Gentle Yoga	East Studio	Jordyn
9:30 - 10:15am	Forever Fit Strength	West Studio	Mary
9:40 - 10:30am	Power Barre	East Studio	Leslie
9:40 - 10:25am	Silver Sneaker Yoga Stretch	Auditorium	Angela
10:30 - 11:30am	Vinyasa Yoga	East Studio	Jordyn
10:30 - 11:30am	Pilates Reformer \$\$	Pilates Studio	Amy
10:30 - 11:30am	Zumba	West Studio	Leslie
10:30 - 11:15am	Silver Sneakers	Auditorium	Jeff
2:00 - 2:45pm	FIT Class	West Studio	Kevin
4:30 - 5:30pm	Yoga/pilates Fusion	West Studio	Linda
5:00 - 5:50pm	Group Cycle	East Studio	Donna
5:30 - 6:15pm	Cardio Kickboxing	West Studio	Tifani
6:00 - 7:00pm	Lift n' Pump	East Studio	Linda
6:30 - 7:30pm	Yoga 1 & 2	West Studio	Deborah

Friday

Time	Class	Location	Instructor
6:00 - 7:00am	FIT Class	West Studio	Kevin
8:00 - 9:15am	Yoga 2	East Studio	Renee
8:30 - 9:15am	Water Exercise	Pool	Pat
8:30 - 9:15am	Studio Strength Express	Pilates Studio	Amy
9:35 - 10:35am	Power Mat Pilates	East Studio	Leslie
9:30 - 10:15am	Forever Fit Zumba	West Studio	Judy
10:30 - 11:15am	Silver Sneakers	Auditorium	Lisa
10:30 - 11:15am	Gentle Tai Chi	West Studio	Colin
4:30 - 5:25pm	Group Cycle	West Studio	Donna
4:45 - 5:45pm	Lift n' Pump	East Studio	Laurie

Saturday

Time	Class	Location	Instructor
9:15 - 10:15am	Krav Maga \$\$	West Studio	Michael
9:30 - 10:25am	Group Cycle	East Studio	Donna
10:30 - 11:30pm	Zumba	West Studio	Martha
11:00 - 12:00pm	Yoga 1 & 2	East Studio	Deborah
11:30 - 12:30pm	FIT Class	West Studio	Kevin

Sunday

Time	Class	Location	Instructor
8:30 - 9:30am	Mat Pilates	West Studio	Angela
8:30 - 9:30am	Studio Strength	East Studio	Julie
9:45 - 10:45am	Pilates Reformer \$\$	Pilates Studio	Angela
9:35 - 10:30am	Group Cycle & Abs	East Studio	Julie
9:45 - 10:45am	Yoga 1 & 2	West Studio	Deborah/Renee
9:45 - 10:30am	Water Extreme	Pool	Becky/Marvin
11:00 - 12:00pm	Lift n' Pump	East Studio	Laurie
11:00 - 12:00pm	Zumba	West Studio	Leslie
12:00 - 1:00pm	Pilates Reformer \$\$	Pilates Studio	Leslie

*** Please note that, due to low attendance, the Tuesday eve 6:30-7:30 Zumba class will be cancelled effective May 22nd

\$\$ = Fee based classes

For more information contact Amy Bakken at abakken@sabesjcc.org

