

GROUP EXERCISE SCHEDULE

Rev.2/23/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am TRX Early Blast - Shane (1hr)	6am Cross Training - Shane (1hr)	6am Yoga Espresso* - Jenny (1hr)	6am HIIT Day Starter - Shane (1hr)	6am Yoga Espresso* - Jenny (1hr)	8am Indoor Cycle - Reed (1hr)	8am TRX - Shane (45min)
8:30am Mat Pilates - Amy (1hr)	7am Indoor Cycle - Reed (1hr)	7am TRX - Shane - (45min)	7am Indoor Cycle - Reed (1hr)	8:15am Mat Pilates - Evelyn (1hr)	8am TRX - Mike (1hr)	8:30am Indoor Cycle - Joe (1hr)
9:30am Indoor Cycle - Nancy (1hr)	7:15am Restorative Yoga* - Debra (1hr)	8am Indoor Cycle - Lori (1hr)	9am Water Aerobics - Rosemarie	9:15am Salsa Aerobics - Martha (1hr)	9am Shabbat Aerobics: EXTENDED - Robby (1.5hr)	9am Step - Robby (1hr)
9:15am Hot Yoga* - Kristen (60-75min)	9am Water Aerobics - Rosemarie	9am Mat Pilates - Annette (1hr)	8:15a Yoga - Evelyn (1hr)	9:15am Hot Yoga* - Alex (1hr)	9:15am Indoor Cycle - Annette (1hr)	9am Water Aerobics - Rosemarie
9:30am Step/Body Sculpting - Annette (1hr)	8:30am Barre Training - Annette (1hr)	9am Indoor Cycle - Haydee (1hr)	9am Indoor Cycle - Annette (1hr)	9:30am Indoor Cycle - Lori (1hr)	9:15am Restorative Yoga* - Alex (1hr)	10am Core, Floor & - More - Robby (1hr)
10:35am Silver Sneakers® Circuit - Annette (1hr)	9:15am Vinyasa* - Kristen (60-75min)	10:30am Hot Yoga* - Jenny (60-75min)	9:15am Salsa Aerobics - Martha (1hr)	10:30am Silver Sneakers®Yoga - Margie (1hr)	10:30am Hot Yoga* - Alex (1hr)	
11:35am Silver Sneakers® Yoga - Annette (1hr)	9:30am Indoor Cycle - Lillian (1hr)	10am Zumba - Martha (1hr)	9:15am Vinyasa* - Kristen (60-75min)	11:35am Silver Sneakers® Yoga - Margie (1hr)	12:30pm Water Aerobics - Maria (1hr)	
	9:30am Salsa Aerobics - Martha (1hr)	11am Silver Sneakers® Circuit - Linda (1hr)	10:15am Body Sculpting - Annette (1hr)			
	10:30am Flexibility & Core - Mike (1hr)		11:30am Silver Sneakers® Circuit - Margie (1hr)			
5pm TRX Body Blast - Randy (1hr)	11:30am Silver Sneakers® Classic - Art (1hr)		12:35pm Silver Sneakers® Circuit - Margie (1hr)			
6pm Body Sculpting - Robby (1hr)	12:30pm Silver Sneakers® Circuit - Annette (1hr)	5pm Core Combo w/ Ball - Maria (1hr)	4:15pm Kids Yoga* - Kristen (45min) Ages 4-10 years			
6:30pm Indoor Cycle - Zack (50min)	5pm Cardio Step - Robby (45min)	5:30pm Hot Yoga* - Bianca (1hr)	6pm Salsa Aerobics - Havdee (1hr)			
7:30pm Vinyasa* - Alex (60-75min)	6pm Indoor Cycle - Lori (1hr)	6:30pm Indoor Cycle - Zack (1hr)	6:30pm Indoor Cycle - Joe (1hr)			
7:30pm Indoor Cycling Cindy (1hr)	6pm POUND - Andrea (1hr)	6pm TRX Body Blast - Larisa (1hr)	6:40pm Water Aerobics Maria (1hr)			
	6:40pm Water Aerobics Maria B (1hr)	7pm Country Line Dancina - Mistv (1hr)	7pm Hot Yoga* - Bianca (1hr)			
	7pm Hot Yoga* - Bianca (1hr)	7:30pm Indoor Cycling Cindy (1hr)	7:00pm Class of the Month Varied Instructor (1hr) <i>Takes place in GroupEx Room</i>			
	7:15pm Parent+Me Yoga - Alex (1hr)					

Please keep in mind:
Be on time to ensure your spot in the class and avoid disrupting classes.
Do not enter the studio while a class is in session. At the instructor's discretion, a five-minute grace period for late admittance may be allowed as long as it doesn't disrupt class.
Disruptive participants of classes risk the refusal of class and all future classes at the Alper JCC.
Wear closed-toe shoes (with the exception of Yoga) and stay hydrated.
Class Locations:
 Classes with * take place in the Hot Yoga Studio, building #5
 Indoor Cycle classes take place in the Indoor Cycling Room
All other classes take place in the Group Exercise Room

Fitness Center Hours:
 Monday - Thursday
 Friday
 Saturday & Sunday

5am - 10pm
 5am - 6pm
 7am - 5pm

Babysitting Hours: 3 mo. - 6 yrs.
 Monday - Thursday
 Friday
 Saturday & Sunday

8am - 12pm & 4pm - 8pm
 8am - 12pm
 9am - 12pm

Kidz Corner Hours: 7 yrs. - 12 yrs.
 Monday - Thursday
 Saturday & Sunday
Located next to Hot Yoga

5pm - 8pm
 8am - 12pm

Pool Hours:
 Monday - Thursday
 Friday
 Saturday & Sunday

6am - 8pm
 6am - 5pm
 7am - 4pm

