



## GROUP EXERCISE SCHEDULE

# 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00a Core & More Giovanni Wellness Studio	10:00a ZUMBA Giovanni Wellness Studio	9:30a Strong Nation Blake Wellness Studio	9:30a HIIT Dora Wellness Studio	9:15a Core & More Giovanni Wellness Studio	9:30a HIIT Dora Wellness Studio	
	11:00a Pilates/Barre Dora Wellness Studio	10:45a YOGA Dora Wellness Studio	11:00a Stretch & Move Blake Wellness Studio	10:00a ZUMBA Giovanni Wellness Studio	10:30a Strength & Tone Blake Wellness Studio	
			4:30p Circuit Training Blake Fitness Floor			

### FEES

JCC Members: Free  
Public: \$10 per day  
Ages 14+ with adult

### LOCATION

All classes held in the Wellness Studio  
unless otherwise noted.

### TIMES

All classes last 60 minutes  
unless otherwise noted.

### Fitness Center Hours

Mon-Thu 6:30a-9p  
Fri 6:30a-6p  
Sat 9a-5p  
Sun 9a-4p

### NEW CLASSES

Stretch & Move Every Wednesday  
@11am with Blake  
Circuit Training Every Wednesday  
@4:30pm with Blake

### FACEBOOK GROUP

Join us on Facebook  
Rosen JCC Fitness and  
Wellness

Must Sign up for classes: [www.rosenjcc.org](http://www.rosenjcc.org) —> Under "Sports and Fitness" Tab