

FITNESS CENTER

GROUP CLASS SCHEDULE

Sunday	9:00 AM 10:00 AM	Zumba Core & More
Monday	10:00 AM 11:00 AM	Power Up Pilates
Tuesday	9:30 AM 10:45 AM	Zumba Yoga
Wednesday	9:30 AM 11:00 AM	HIIT Stretch
Thursday	9:30 AM 10:30 AM 11:00 AM	Strength & Tone Gentle BeMoved (30 Mins) Level 1 BeMoved (45 Mins)
Friday	9:30 AM 10:30 AM	HIIT Yoga

FEES:

JCC MEMBERS: FREE

PUBLIC: \$10/DAY

FITNESS CENTER HOURS:

MON-THU 6:30 AM - 9 PM

SAT 9 AM - 5 PM

FRI 6:30 AM - 6 PM

SUN 9 AM - 4 PM

SIGN UP AT WWW.ROSENJCC.ORG/GROUP-FITNESS