

# AQUATICS SCHEDULE

(▶ INDICATES EXTRA FEE)  
See Program Guide for Class Descriptions and Prices

## SEPT-DEC. 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN SWIM 8:00 a.m. - 4:30 p.m.	OPEN SWIM 5:30 - 8:30 a.m.	OPEN SWIM 5:30 - 7:15 a.m.	OPEN SWIM 5:30 - 7:45 a.m.	OPEN SWIM 5:30 - 7:45 a.m.	OPEN SWIM 5:30 - 7:45 a.m.	OPEN SWIM 8:00 - 8:50 a.m.
		A.M. ENERGIZER 7:45 - 8:30 a.m. (Deep End Closed)	KICKING UP THE WAVES 7:45 - 8:30 a.m.	A.M. ENERGIZER 7:45 - 8:30 a.m. (Deep End Closed)		▶ LEARN TO SWIM (AGES 3 & UP) 8:50 - 9:20 a.m
	WATER IN MOTION 8:30 - 9:30 a.m.	MOBILITY PLUS 8:30 - 9:15 a.m.	WATER IN MOTION 8:30 - 9:30 a.m.	MOBILITY PLUS 8:30 - 9:30 a.m.	MOBILITY PLUS 8:30 - 9:30 a.m.	▶ YOU AND ME BABY 9:30 - 10:00 a.m (6-36 Months)
	VOLLEYBALL 10:00 - 11:00 a.m. Lap Lanes Closed	PRESCHOOL 9:15 - 12:15 a.m.	STEP IT UP/FLOW 11:00 a.m. - 12:00 p.m.	VOLLEYBALL 10:00-11:00 a.m. Lap Lanes Closed	VOLLEYBALL 10:00 - 11:00 a.m. Lap Lanes Closed	▶ LEARN TO SWIM (AGES 3 & UP) 10:00 - 10:30 a.m
			AKIVA 12:15 -2:45 p.m. Pool Closed			
	STEP IT UP/FLOW 11:30 a.m. - 12:30 p.m.	WATER WONDERS 12:30 a.m. - 1:30 p.m.	▶ LEARN TO SWIM (AGES 3 & UP) 3:30 - 4:00 p.m	WATER WONDERS 12:30. a.m. - 1:30 p.m.	STEP IT UP/FLOW 11:30 a.m. - 12:30 p.m.	OPEN SWIM 10:45 -4:30 p.m
	SWIM TEAM 4:30-5:30 p.m. Lap Lanes Closed	SWIM TEAM 4:30-5:30 p.m. Lap Lanes Closed	SWIM TEAM 4:30-5:30 p.m. Lap Lanes Closed	SWIM TEAM 4:30-5:30 p.m. Lap Lanes Closed		
	AQUA CARDIO BLAST 5:30 - 6:30 p.m.	AQUA STRENGTH 5:30 - 6:30 p.m.	AQUA CARDIO BLAST 5:30 - 6:30 p.m.	AQUA STRENGTH 5:30 - 6:30 p.m.		
POOL CLOSSES 4:30 p.m.		OPEN SWIM 6:30 - 8:30 p.m.	OPEN SWIM 6:30 - 8:30 p.m	▶ LEARN TO SWIM (AGES 3 & UP) 6:30 - 7:00 p.m		POOL CLOSSES 4:30 p.m.
	POOL CLOSSES 8:30 p.m.	POOL CLOSSES 8:30 p.m.	POOL CLOSSES 8:30 p.m.		POOL CLOSSES 6:30 P.M.	

\*Portions of the pool including lap lanes may be closed during Aquatic exercise classes.


\*Swim lane space may be limited at times due to large class sizes. It is under the discretion of JCC Aquatic Staff on the number of lap lanes in the pool.

AQUATIC CLASSES,  
CONTACT AQUATICS COORDINATOR  
SHAWN CHRYSTAL,  
(330) 746-3250 EXT. 112 OR  
AQUATICS@JCCYOUNGSTOWN.ORG  
OR VISIT WWW.JCCYOUNGSTOWN.ORG

# GROUP EXERCISE CLASSES

(▶ INDICATES EXTRA FEE)  
See Program Guide for Class Descriptions and Prices

# SEPT.-DEC. 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA NIDRA 8:00-8:55 a.m.	TOTAL BODY SCULPT 8:00-8:55 a.m.	YOGA 8:00-8:55 a.m.	AMRIT YOGA 5:30-6:45 a.m.	YOGA 8:00-8:55 a.m.	INSTRUCTOR'S CHOICE 8:00-8:55 a.m.	
TABATA 9:30-10:25 a.m.	CARDIO LOW 9:00-9:55 a.m.	GENTLE CHAIR YOGA 9:00-9:55 a.m. (multi-purpose room)	CARDIO FUSION 8:00-8:55 a.m.	GENTLE CHAIR YOGA 9:00-9:55 a.m. (multi-purpose room)	CARDIO LOW 9:00-9:55 a.m.	TOTAL BODY BOOT CAMP 9:00-9:55 a.m.
		CHISELED 9:00-9:55 a.m.	CARDIO LOW 9:00-9:55 a.m.	CHISELED 9:00-9:55 a.m.		
	SILVERSNEAKERS CLASSIC 9:00-9:55 a.m. (multi-purpose room)	ZUMBA GOLD® 10:00-10:55 a.m.	SILVERSNEAKERS CLASSIC 9:00-9:55 a.m. (multi-purpose room)	ZUMBA GOLD® 10:00-10:55 a.m.	SILVER STEP CIRCUIT 10:00-10:55 a.m.	ZUMBA 10:00-10:55 a.m.
<b>FOR ADDITIONAL INFORMATION ON ALL CLASSES CONTACT GROUP X TEAM LEADER SHELIA CORNELL, (330) 746-3250 EXT. 184 GROUPX@JCCYOUNGSTOWN.ORG</b>	SILVERSNEAKERS CLASSIC 10:00-10:55 a.m. (multi-purpose room)	SILVERSNEAKERS CARDIO CIRCUIT 10:00-10:55 a.m. (multi-purpose room)	SILVERSNEAKERS CLASSIC 10:00-10:55 a.m. (multi-purpose room)			
	BOOT CAMP BLITZ 12:00-12:45 p.m.	NOONTIME BLITZ 12:05-12:55 p.m.	DELAY THE DISEASE 10:30-11:30 a.m.	NOONTIME BLITZ 12:05-12:55 p.m.	BOOT CAMP BLITZ 12:00-12:45 p.m.	
		▶ TAI CHI 2:00-3:30 p.m.	BOOT CAMP BLITZ 12:00-12:45 P.M.	▶ TAI CHI 2:00-3:30 p.m.	<b>NON MEMBER DROP IN RATES FOR GROUP EXERCISE &amp; AQUATIC CLASSES:</b>  <b>1 CLASS-\$8 • 10 CLASSES-\$70 • 20 CLASSES-\$120</b>    <b>WWW.JCCYOUNGSTOWN.ORG</b>	
				FIT KIDS 3:30-4:25 p.m.		
	CARDIO LINE DANCING 4:30-5:25 p.m.	TOTAL BODY FITNESS 4:30-5:25 p.m.	CARDIO LINE DANCING 4:30-5:25 p.m.	CARDIO KICKBOXING 4:30-5:25 p.m.		
	R.I.P.P.E.D. 5:30-6:20	ZUMBA® 5:30-6:25 p.m.	TOTAL STRENGTH & ENDURANCE 5:30-6:25 pm.	ZUMBA® 5:30-6:25 p.m.		
		VINYASA YOGA 6:30-7:45 p.m.		VINYASA YOGA 6:30-7:45 p.m.		