

J FITNESS SCHEDULE

DAY	TIME	CLASS	LOCATION
MONDAY	8:00 - 8:55 a.m.	Total Body Sculpt	Group X Studio
	9:15 - 10:10 a.m.	Cardio Low	Group X Studio
	9:30 - 10:15 a.m.	SilverSneakers Classic	Gymnasium
	10:30 - 11:15 a.m.	SilverSneakers Classic	Group X Studio
	4:30 - 5:15 p.m.	Cardio Line Dancing	Group X Studio
	5:30 - 6:25 p.m.	Bootcamp Blitz	Group X Studio
TUESDAY	8:00 - 8:55 a.m.	Yoga	Group X Studio
	9:15 - 10:10 a.m.	Gentle Chair Yoga	Multi-Purpose Room
	9:15 - 10:00 a.m.	Chiseled	Group X Studio
	10:30 - 11:15 a.m.	SilverSneakers Classic	Group X Studio
	5:30 - 6:25 p.m.	HIIT & LIFT	Group X Studio
WEDNESDAY	8:00 - 8:55 a.m.	Total Body Sculpt	Group X Studio
	9:15 - 10:10 a.m.	Cardio Low	Group X Studio
	9:30 - 10:15 a.m.	SilverSneakers Classic	Gymnasium
	10:30 - 11:15 a.m.	SilverSneakers Classic	Group X Studio
	12:30 - 1:15 p.m.	Delay the Disease™	Group X Studio
	5:30 - 6:25 p.m.	Cardio Circuit Challenge	Gymnasium
THURSDAY	8:00 - 8:55 a.m.	Yoga	Group X Studio
	9:15 - 10:10 a.m.	Gentle Chair Yoga	Multi-Purpose Room
	9:15 - 10:00 a.m.	Chiseled	Group X Studio
	10:30 - 11:15 a.m.	SilverSneakers Classic	Group X Studio
	5:00 - 5:30 p.m.	Ab Time	Group X Studio
FRIDAY	8:00 - 8:55 a.m.	Total Body Sculpt	Group X Studio
	9:15 - 10:10 a.m.	Cardio Low	Group X Studio
	9:30 - 10:15 a.m.	SilverSneakers Classic	Gymnasium
	10:30 - 11:15 a.m.	Chiseled	Group X Studio
	12:30 - 1:15 p.m.	Delay the Disease™	Group X Studio
SATURDAY	9:00 - 9:55 a.m.	HIIT & LIFT	Group X Studio
	10:15 - 11:10 a.m.	Yoga & Meditation	Multi-Purpose Room

For more information contact Wellness Coordinator Casey Atkinson at catkinson@jewishyoungstown.org or 330.746.3250 ext. 153