

J FITNESS SCHEDULE

DAY	TIME	CLASS	LOCATION
MONDAY	8:00 - 8:55 a.m.	Total Body Sculpt	Multi-Purpose Room
	9:15 - 10:10 a.m.	Cardio Low	Multi-Purpose Room
	9:30 - 10:15 a.m.	SilverSneakers Classic	Gymnasium
	10:30 - 11:15 a.m.	SilverSneakers Classic	Gymnasium
	4:30 - 5:15 p.m.	Cardio Line Dancing	Multi-Purpose Room
	5:00 p.m.	Silver Sneakers Classic	Virtual*
	5:30 - 6:25 p.m.	Bootcamp Blitz	Multi-Purpose Room
TUESDAY	8:00 - 8:55 a.m.	Yoga	Multi-Purpose Room
	9:15 - 10:10 a.m.	Gentle Chair Yoga	Group X Room
	9:15 - 10:00 a.m.	Chiseled	Multi-Purpose Room
	10:30 - 11:15 a.m.	SilverSneakers Classic	Multi-Purpose Room
	5:00 - 5:30 p.m.	Ab Time	Multi-Purpose Room & Virtual*
WEDNESDAY	8:00 - 8:55 a.m.	Total Body Sculpt	Multi-Purpose Room
	9:15 - 10:10 a.m.	Cardio Low	Multi-Purpose Room
	9:30 - 10:15 a.m.	SilverSneakers Classic	Gymnasium
	10:30 - 11:15 a.m.	SilverSneakers Classic	Gymnasium
	12:30 - 1:15 p.m.	Delay the Disease™	Multi-Purpose Room
	5:00 p.m.	P90X	Virtual*
	5:30 - 6:25 p.m.	P90X®	Multi-Purpose Room
THURSDAY	8:00 - 8:55 a.m.	Yoga	Multi-Purpose Room
	9:15 - 10:10 a.m.	Gentle Chair Yoga	Group X Room
	9:15- 10:00 a.m.	Chiseled	Multi-Purpose Room
	10:30 - 11:15 a.m.	SilverSneakers Classic	Multi-Purpose Room
	5:00 - 5:30 p.m.	Ab Time	Multi-Purpose Room
	5:00 p.m.	Yoga	Virtual*
FRIDAY	8:00 - 8:55 a.m.	Barre Class	Dance Studio
	9:15 - 10 :10 a.m.	Cardio Low	Multi-Purpose Room
	9:30 - 10:15 a.m.	SilverSneakers Classic	Gymnasium
	10:30 - 11:15 a.m.	Chiseled	Gymnasium
	12:30 -1:15 p.m.	Delay the Disease™	Multi-Purpose Room
	5:00 p.m.	Barre Class	Virtual*
SATURDAY	9:00 - 9:55 a.m.	P90X®	Multi-Purpose Room
	10:15 - 11:10 a.m.	Yoga & Meditation	Multi-Purpose Room
SUNDAY	9:00 - 9:55 a.m.	Cardio Circuit Challenge	Multi-Purpose Room

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

*Access virtual classes on our private JCC Fitness Facebook group.