

J FITNESS SCHEDULE

SCHEDULE CHANGES STARTING MARCH 18 - CHECK JCCYOUNGSTOWN.ORG FOR THE MOST UPDATED SCHEDULE

DAY	TIME	CLASS	LOCATION
MONDAY	8:00 - 8:55 a.m.	Total Body Sculpt	Group X
	9:00 - 9:55 a.m.	Cardio Low	Group X
	9:00 - 9:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	10:00 - 10:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	12:00 - 12:55 p.m.	Boot Camp Blitz	Group X/Gym
	4:30 - 5:25 p.m.	Cardio Line Dancing	Group X
	5:30 - 6:25 p.m.	P90X®	Group X
TUESDAY	8:00 - 8:55 a.m.	Yoga	Group X
	9:00 - 9:55 a.m.	Gentle Chair Yoga	Multi-Purpose Room
	9:00 - 9:55 a.m.	Chiseled	Group X
	10:00 - 10:55 a.m.	Low Impact	Group X
	10:00 - 10:55 a.m.	SilverSneakers Cardio Circuit	Multi-Purpose Room
	2:00 - 3:30 p.m.	*Tai Chi	Group X
	5:00 - 5:30 p.m.	Ab Time	Group X
	5:30 - 6:25 p.m.	Zumba	Group X
	6:30 - 7:45 p.m.	Vinyasa Yoga	Group X
WEDNESDAY	8:00 - 8:55 a.m.	Cardio Fusion	Group X
	9:00 - 9:55 a.m.	Cardio Low	Group X
	9:00 - 9:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	10:00 - 10:55 a.m.	SilverSneakers Classic	Multi-Purpose Room
	10:30 - 11:30 a.m.	**Delay the Disease™	*Canceled through March
	12:00 - 12:55 p.m.	Boot Camp Blitz	Group X/Gym
	5:30 - 6:25 p.m.	P90X®/Insanity	Group X
THURSDAY	8:00 - 8:55 a.m.	Yoga	Group X
	9:00 - 9:55 a.m.	Gentle Chair Yoga	Multi-Purpose Room
	9:00 - 9:55 a.m.	Chiseled	Group X
	10:00 - 10:55 a.m.	SilverSneakers Classic	Group X
	2:00 - 3:30 p.m.	*Tai Chi	Group X
	3:30 - 4:30 p.m.	Fit Kids	Group X
	5:00 - 5:30 p.m.	Ab Time	Group X
	5:30 - 6:25 p.m.	Circuit/TRX Live	Group X/Functional Fitness
	6:00 - 6:55 p.m.	Dance Cardio	Group X
	7:00 - 8:15 p.m.	Vinyasa Yoga	Group X
FRIDAY	8:00 - 8:55 a.m.	Instructor's Choice	Group X
	9:00 - 9:55 a.m.	Cardio Low	Group X
	10:00 - 10:55 a.m.	SilverSneakers Boom	Group X
	10:30 - 11:30 a.m.	Delay the Disease™	LL Multi-Purpose Room
	12:00 - 12:55 p.m.	Boot Camp Blitz	Group X
SATURDAY	9:00 - 9:55 a.m.	P90X® Live	Group X
	10:00 - 10:55 a.m.	Yoga & Meditation	Dance Studio
SUNDAY	9:00 - 9:55 a.m.	Boot Camp Blitz	Group X

*indicates fee based class

For more information contact Wellness Coordinator Jaron Howell at jhowell@jewishyoungstown.org or 330.746.3250 ext. 153.