



FITNESS SCHEDULE

Updated 06/07/2021. To find class descriptions visit jccyoungstown.org/fitness.

| 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. | Fit For Life | Multi-Purpose Room |
| | 10:30 - 11:15 a.m. | SilverSneakers Classic | Multi-Purpose Room |
| | 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 - 8:45 a.m. | Chiseled | Group X Studio |
| | 9:00 - 9:55 a.m. | Yoga | Group X Studio |
| | 10:15 - 11:10 a.m. | Gentle Chair Yoga | Group X Studio |
| | 10:30 - 11:15 a.m. | SilverSneakers Classic | Multi-Purpose Room |
| | 5:30 - 6:25 p.m. | HIIT & LIFT | Group X Studio |
| WEDNESDAY | 8:00 - 8:55 a.m. | Total Body Sculpt | Group X Studio |
| | 8:30 - 9:25 a.m. | Outdoor Yoga | Logan Campus |
| | 9:15 - 10:10 a.m. | Cardio Low | Group X Studio |
| | 9:30 - 10:15 a.m. | Fit For Life | Multi-Purpose Room |
| | 10:30 - 11:15 a.m. | SilverSneakers Classic | Multi-Purpose Room |
| | 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 - 8:45 a.m. | Chiseled | Group X Studio |
| | 9:00 - 9:55 a.m. | Yoga | Group X Studio |
| | 10:15- 11:10 a.m. | Gentle Chair Yoga | Group X Studio |
| | 10:30 - 11:15 a.m. | SilverSneakers Classic | Multi-Purpose Room |
| | 5:00 - 5:30 p.m. | Ab Time | Group X Studio |
| | 5:30 - 6:00 p.m. | TRX | Functional Fitness |
| | 5:45 - 6:35 p.m. | WERQ | 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 | Multi-Purpose Room |
| | 10:30 - 11:25 a.m. | Easy Yoga | 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 |