

GROUP EXERCISE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Shred in FOUR 8:00-8:45 a.m.	Strong By Design 8:00-8:45 a.m.	Shred in FOUR 8:00-8:45 a.m.	Advanced Mobility 8:00-8:45 a.m.	Easy Yoga 8:00-9:00 a.m.	HIIT & Lift 9:00-9:45 a.m.
Water in Motion 8:30-9:15 a.m.	Mobility Plus 8:00-8:45 a.m.	Water in Motion 8:30-9:15 a.m.	Mobility Plus 8:30-9:15 a.m.	Water in Motion 8:30-9:15 a.m.	Yoga & Meditation 10:15-11:15 a.m.
Slow Flow Yoga 9:00-10:00 a.m.	Chair Yoga 9:15-10:00 a.m.	Move & Groove 9:15-10:00 a.m.	Chair Yoga 9:15-10:00 a.m.	Silver Sneakers Classic* 9:15-10:00 a.m.	WERQ 10:15-11:00 a.m.
Silver Sneakers Classic* 9:15-10:00 a.m.	Silver Sneakers Classic* 10:30-11:15 a.m.	Silver Sneakers Classic* 10:30-11:15 a.m.	Volleyball 10:00-10:55 a.m.	Volleyball 10:00-10:55 a.m.	
Volleyball 10:00-10:55 a.m.	Mobility Movement 11:30 a.m.-12:15 p.m.	Parkinson's Moves** 11:30 a.m.-12:15 p.m.	Silver Sneakers Classic* 10:30-11:15 a.m.	Silver Sneakers Classic* 10:30-11:15 a.m.	SUNDAY
Silver Sneakers Classic* 10:30-11:15 a.m.	HIIT & Lift 5:30-6:15 p.m.	Cardio Circuit 5:30-6:15 p.m.	Mobility Movement 11:30 a.m.-12:15 p.m.	Instructor's Choice 11:00-11:45 a.m.	Body Blast 9:00-9:45 a.m.
Instructor's Choice 11:00-11:45 a.m.	Instructor's Choice 6:00-7:00 p.m.		Mobility Plus 11:00-11:45 a.m.	Parkinson's Moves** 11:30 a.m.-12:15 p.m.	
Chair Tai Chi 11:30 a.m.-12:15 p.m.			TRX Advanced* 5:00-5:30 p.m.	Cardio Line Dancing 4:30-5:30 p.m.	
Functional Fitness 5:30-6:15 p.m.			TRX* 5:30-6:00 p.m.		
WERQ 6:30-7:15 p.m.			Step Aerobics 6:00-6:45 p.m.		

For class descriptions scan the QR code below or visit jccyoungstown.org/groupx

*Space is limited, registration is required.

**Funding for these programs is provided by the Mercy Health Foundation and the Thomas Family Endowment of the Youngstown Area Jewish Federation.

