


J GROUP X SCHEDULE REFRESH EDITION

SATURDAY (3/8)	MONDAY (3/10)	TUESDAY (3/11)	WEDNESDAY (3/12)	THURSDAY (3/13)	FRIDAY (3/14)
<p>Yoga & Meditation 10:15-11:15 a.m. Dance Studio</p>	<p>Shred in FOUR 8:00-8:45 a.m. Multi-Purpose Room</p>	<p>Strong By Design 8:00-8:45 a.m. Multi-Purpose Room</p>	<p>Shred in FOUR 8:00-8:45 a.m. Multi-Purpose Room</p>	<p>Advanced Mobility 8:00-8:45 a.m. Multi-Purpose Room</p>	<p>Easy Yoga 8:00-9:00 a.m. Dance Studio</p>
<p>SUNDAY (3/9)</p> <p>Body Blast 9:00-9:45 a.m. Multi-Purpose Room</p>	<p>Slow Flow Yoga 9:00-10:00 a.m. Dance Studio</p>	<p>Chair Yoga* 9:15-10:00 a.m. Multi-Purpose Room</p>	<p>Move & Groove 9:15-10:00 a.m. Multi-Purpose Room</p>	<p>Chair Yoga* 9:15-10:00 a.m. Multi-Purpose Room</p>	<p>Cardio Line Dancing 4:30-5:30 p.m. Group X Room</p>
<p>SATURDAY (3/15)</p> <p>HIIT & Lift 9:00-9:45 a.m. Multi-Purpose Room</p> <p>Yoga & Meditation 10:15-11:15 a.m. Dance Studio</p> <p>WERQ 10:15-11:00 a.m. Multi-Purpose Room</p>	<p>Silver Sneakers Classic* 9:15-10:00 a.m. Multi-Purpose Room</p> <p>Silver Sneakers Classic* 10:30-11:15 a.m. Multi-Purpose Room</p> <p>Chair Tai Chi 11:30 a.m.-12:15 p.m. Multi-Purpose Room</p> <p>Functional Fitness 5:30-6:15 p.m. Multi-Purpose Room</p> <p>WERQ 6:30-7:15 p.m. Multi-Purpose Room</p>	<p>Silver Sneakers Classic* 10:30-11:15 a.m. Multi-Purpose Room</p> <p>Mobility Movement 11:30 a.m.-12:15 p.m. Multi-Purpose Room</p>	<p>Silver Sneakers Classic* 10:30-11:15 a.m. Multi-Purpose Room</p> <p>Parkinson's Moves** 11:30 a.m.-12:15 p.m. Multi-Purpose Room</p> <p>Cardio Circuit 5:30-6:15 p.m. Multi-Purpose Room</p>	<p>Silver Sneakers Classic* 10:30-11:15 a.m. Multi-Purpose Room</p> <p>Mobility Movement 11:30 a.m.-12:15 p.m. Multi-Purpose Room</p>	
<p>SUNDAY (3/16)</p> <p>Body Blast 9:00-9:45 a.m. Group X Room</p>					

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 Thomases Family Endowment of the Youngstown Area Jewish Federation.



This is an adjusted Group X schedule for the fitness refresh. Once the closure ends our usual schedule of classes will be available again. The Aqua X schedule will continue as usual.