

# J FITNESS 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 a.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
	6:00 - 6:55 p.m.	Zumba	Group X
	7:00 - 8:15 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™	Group X
	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 - 4:25 p.m.	Fit Kids	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	Group X
SUNDAY	9:00 - 9:55 a.m.	Boot Camp Blitz	Group X

\*Indicates Fee Based Class

For More Information Contact Jaron Howell at [jhowell@jewishyoungstown.org](mailto:jhowell@jewishyoungstown.org) or 330.746.3250 ext. 153

# AQUATICS SCHEDULE

DAY	TIME	CLASS
MONDAY	5:30 a.m. 8:30 - 9:30 a.m. 10:00 - 11:00 a.m. 11:00 a.m. - 12:00 p.m. 4:30 - 5:30 p.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Open Water in Motion Volleyball (Lap Lanes Closed) Step It Up Flow Swim Team (Lap Lanes Closed) Aqua Cardio Blast Pool Closed
TUESDAY	5:30 a.m. 7:45 - 8:30 a.m. 8:30 - 9:15 a.m. 9:15 a.m. - 12:15 p.m. 12:15 - 1:00 p.m. 4:30 - 5:30 p.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Open A.M Energizer (Deep End Closed) Mobility Plus Preschool Water Wonders Swim Team (Lap Lanes Closed) Aqua Cardio Blast Pool Closed
WEDNESDAY	5:30 a.m. 8:30 - 9:30 a.m. 10:00 - 11:00 a.m. 11:00 a.m. - 12:00 p.m. 12:30 - 2:45 p.m. 4:00 - 4:30 p.m. 4:30 - 5:30 p.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Open Water In Motion Volleyball (Lap Lanes Closed) Step It Up Flow Akiva Academy (Pool Closed) Swim Lessons Swim Team (Lap Lanes Closed) Aqua Cardio Blast Pool Closed
THURSDAY	5:30 a.m. 7:45 - 8:30 a.m. 8:30 - 9:15 a.m. 10:00 - 11:00 a.m. 12:15 - 1:00 p.m. 4:30 - 5:30 p.m. 6:00 - 7:00 p.m. 8:30 p.m.	Pool Open A.M. Energizer (Deep End Closed) Mobility Plus Volleyball (Lap Lanes Closed) Water Wonders Swim Team (Lap Lanes Closed) Aqua Cardio Blast Pool Closed
FRIDAY	5:30 a.m. 10:00 - 11:00 a.m. 11:00 a.m. - 12:00 p.m. 4:30 - 5:30 p.m. 6:45 p.m.	Pool Open Volleyball (Lap Lanes Closed) Step It Up Flow Swim Team (Lap Lanes Closed) Pool Closed
SATURDAY	8:00 a.m. 9:00 - 9:30 a.m. 9:35 - 10:05 a.m. 10:10 - 10:40 a.m. 4:30 p.m.	Pool Open Learn to Swim (Ages 3 and up) You and Me Baby (6 - 36 months) Learn to Swim (Ages 3 and up) Pool Closed
SUNDAY	8:00 a.m. - 4:30 p.m.	Open Swim