

J GROUP EXERCISE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Shred in FOUR* 8:00-8:45 a.m.</p> <p>Water in Motion 8:30-9:15 a.m.</p> <p>SilverSneakers Classic* 9:15-10:00 a.m.</p> <p>Volleyball 9:30-10:20 a.m.</p> <p>SilverSneakers Classic* 10:30-11:15 a.m.</p> <p>Chair Tai Chi 11:30 a.m.-12:15 p.m.</p> <p>Functional Fitness 5:30-6:15 p.m.</p> <p>Aqua Fit 6:00-7:00 p.m.</p>	<p>Strong By Design* 7:30-8:15 a.m. (Time change 5/12 - 7/2)</p> <p>Mobility Plus 8:00-8:45 a.m.</p> <p>Chair Yoga* 9:15-10:00 a.m.</p> <p>SilverSneakers Classic* 10:30-11:15 a.m.</p> <p>SilverSneakers Classic* 11:30 a.m.-12:15 p.m.</p> <p>HIIT & Lift 5:30-6:15 p.m.</p> <p>Instructor's Choice 6:00-7:00 p.m.</p>	<p>Shred in FOUR* 8:00-8:45 a.m.</p> <p>Water in Motion 8:00-8:45 a.m.</p> <p>Volleyball 9:30-10:20 a.m.</p> <p>Balance & Strength* 9:15-10:00 a.m.</p> <p>SilverSneakers Classic* 10:30-11:15 a.m.</p> <p>Parkinson's Moves** 11:30 a.m.-12:15 p.m.</p> <p>Cardio Circuit 5:30-6:15 p.m.</p>	<p>Strong By Design* 7:30-8:15 a.m. (Time change 5/12 - 7/2)</p> <p>Mobility Plus 8:00-8:45 a.m.</p> <p>Chair Yoga* 9:15-10:00 a.m.</p> <p>Volleyball 10:00-10:50 a.m.</p> <p>SilverSneakers Classic* 10:30-11:15 a.m.</p> <p>SilverSneakers Classic* 11:30 a.m.-12:15 p.m.</p> <p>Mobility Plus 11:00-11:45 a.m.</p> <p>TRX Advanced* 5:00-5:30 p.m.</p> <p>TRX* 5:30-6:00 p.m.</p> <p>Core & Mobility* 6:00-6:45 p.m.</p>	<p>Easy Yoga 8:00-9:00 a.m.</p> <p>Water in Motion 8:30-9:15 a.m.</p> <p>SilverSneakers Classic* 9:15-10:00 a.m.</p> <p>Instructor's Choice 10:00-10:45 a.m.</p> <p>SilverSneakers Classic* 10:30-11:15 a.m.</p> <p>Parkinson's Moves** 11:30 a.m.-12:15 p.m.</p>	<p>HIIT & Lift 9:00-9:45 a.m.</p> <p>Yoga & Meditation - Dance Studio 10:15-11:15 a.m.</p>
					SUNDAY
					<p>Body Blast 9:00-9:45 a.m.</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 Thomas Family Endowment of the Youngstown Area Jewish Federation.



AQUA

OLDER ADULTS AQUA

CARDIO & STRENGTH

MIND & BODY

SILVER SNEAKERS

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