

GROUP EXERCISE CLASS SCHEDULE

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

SUNDAY

Body Blast
9:00-9:45 a.m.

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

*Space is limited, registration is required.

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