

GROUP EX & AQUATICS | SEPTEMBER

MONDAY

6:00 am Strengthen with Vicki
8:00 am Shallow Water with Helen
8:30 am Core and More with Amanda
9:00 am Shallow Water with Helen
9:30 am Intervals with Jen
10:30 am Yoga Fusion with Ellen
4:30 pm Fit Camp with Clara
5:30 pm Shallow Water with Helen
5:30 pm Spin with Stephanie
6:00 pm Strengthen with Clara
7:00 pm Zumba with Beth

WEDNESDAY

6:00 am Strengthen with Vicki
8:00 am Shallow Water with Sharon
8:30 am Spin with Matt
8:30 am Cardio/Core with Kelly
9:00 am Shallow Water with Sharon
9:30 am Strengthen with Kelly
10:30 am Advanced Functional Fitness with Jen
4:30 pm Total Body with Jen
5:00 pm Light Dumbbell with Amanda (Rm 117)
5:30 pm Shallow Water Tai Chi with Helen
5:30 pm Spin with Gordon
6:00 pm Barre with Amanda (Rm 117)
6:30 pm Yin Yoga with Dianne

FRIDAY

6:00 am Total Body with Vicki
8:00 am Shallow Water with Helen
8:00 am Yogalates with Erin (Rm 117)
8:30 am HIIT Spin with Vicki
9:00 am Shallow Water with Helen
9:30 am Intervals with Vicki
10:30 am Tri Yoga Flow with Mary

SUNDAY

9:00 am Spin with Matt/Stephanie
10:00 am Hatha Yoga with Dianne
11:00 am Zumba with Tzipi
1:00 pm Fitness and Friends with Clara/Tzipi

TUESDAY

6:00 am Total Body with Vicki
7:00 am Spin with Lisa/Lorry
8:30 am Strengthen with Kelly
9:00 am Shallow Water with Helen
9:30 am Cardio/Core with Kelly
9:30 am Barre with Amanda (Rm 117)
10:00 am Deep Water with Helen
10:45 am Functional Fitness with Jen
5:00 pm Zumba with Tzipi
5:30 pm HIIT Spin with Alicia
6:00 pm Fit Camp with Amelia
7:00 pm Yin Yoga with Mary

THURSDAY

6:00 am Spin with Lorry
8:30 am Fit Camp with Jen/Vicki
9:00 am Shallow Water with Sharon
9:30 am Strengthen with Jen/Vicki
10:00 am Deep Water with Helen
10:45 pm Functional Fitness with Jen
4:30 pm Yoga Fusion with Ellen
5:30 pm Spin with Alice
5:30 pm Strengthen with Stephanie
7:00 pm Zumba with Beth

SATURDAY

9:00 am Fit Camp with Amelia
9:00 am Spin with Gordon
10:00 am Barre with Ellen (Rm 117)
10:00 am Total Body with Jen
11:00 am Power Yoga with Ellen

* Schedule is subject to change



Learn more: [MayersonJCC.org](https://www.MayersonJCC.org)

 **MAYERSON JCC**
of Cincinnati