

# GROUP EX & AQUATICS | APRIL

## MONDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Helen  
8:30 am Glutes & Guts with Amanda  
8:30 am Spin with Kelly  
9:00 am Shallow Water with Helen  
9:30 am Intervals with Vicki  
10:30 am Yoga Fusion with Ellen  
4:30 pm Fit Camp with Erin  
5:30 pm Strengthen with Erin  
5:30 pm Spin with Stephanie  
7:00 pm Zumba with Beth

## WEDNESDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Sharon  
8:30 am Cardio/Core with Kelly  
9:00 am Shallow Water with Sharon  
9:30 am Strengthen with Kelly  
10:30 am Mat Pilates with Margie  
4:30 pm Total Body with Jen  
5:00 pm Barre Basics with Amanda (Rm 117)  
5:30 pm Shallow Water Tai Chi with Helen  
5:30 pm Spin with Lorry  
6:00 pm Barre with Amanda (Rm 117)  
6:30 pm Yin Yoga with Dianne

## FRIDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Helen  
8:30 am Light Dumbbell with Vicki  
9:00 am Shallow Water with Helen  
9:30 am Intervals with Vicki  
10:30 am TriYoga Flow with Mary

## SUNDAY

9:00 am Power Yoga with Lindsay  
10:00 am Spin with Stephanie  
10:00 am Hatha Yoga with Dianne  
11:00 am Zumba with Carrie  
1:00 pm Fitness and Friends

## TUESDAY

6:00 am Total Body with Vicki  
8:30 am Strengthen with Kelly  
9:00 am Shallow Water with Helen  
9:30 am Barre with Amanda (Rm 117)  
9:30 am Balls, Bands, & Balance with Kelly **\*NEW\***  
10:00 am Deep Water with Helen  
10:45 am Functional Fitness with Jen  
4:30 pm Strengthen with Alice  
5:30 pm Zumba with Carrie  
7:00 pm Yin Yoga with Mary

## THURSDAY

6:00 am Intervals with Erin  
6:00 am Spin with Lorry  
8:30 am Total Body with Jen/Vicki  
9:00 am Shallow Water with Sharon  
9:30 am Barre with Amanda (Rm 117)  
9:30 am Strengthen with Jen/Vicki  
10:00 am Deep Water with Helen  
10:45 am Functional Fitness with Jen  
4:30 pm Yoga Fusion with Ellen  
5:30 pm Strengthen with Stephanie  
7:00 pm Zumba with Beth

## SATURDAY

9:00 am Spin with Matt  
10:00 am Barre with Ellen (Rm 117)  
10:00 am Total Body with Jen  
11:00 am Power Yoga with Ellen  
11:00 am Core First with Jen (Rm 177)



LEARN MORE AND SIGN UP AT

**MayersonJCC.org/GroupEx**

\* Schedule is subject to change