



PROSSERMAN
JCC

June Group Exercise Schedule

Registration opens at 8:00 AM - 3 days prior - 4 days for Tuesdays

Visit prossermanjcc.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM J -Shred Felicia	6:15 AM Rise & Sweat Antonio	7:15 AM Yin Yang Yoga Mary	6:15 AM ★ Rise & Sweat Antonio	7:15 AM Hiit Cycle Felicia	8:30 AM ★ Pilates Gillian	8:30 AM Bootcamp Antonio
8:30 AM Muscle Fusion Ivanna	7:15 AM Cycle David	7:15 AM Athletic Circuit Felicia	7:15 AM HIIT Conditioning Audrey	8:30 AM Muscle Mix Audrey	8:30 AM Performance cycle Fern	9:30 AM Cycle Michelle B.
8:30 AM ★ Therapeutic Yoga David	8:30 AM Body Weight Blast Alin	8:30 AM Muscle Fusion Ivanna	8:30 AM ★ Strength & Balance Paloma	9:30 AM ★ Bootcamp Gayle	9:30 AM Beat-Based cycle Fern	9:30 AM ★ Flow Yoga Mabel
9:30 AM Cycle Fern	9:30 AM Cycle Audrey	8:30 AM ★ Therapeutic Yoga David	9:30 AM Performance Cycle Gayle	9:30 AM Cycle Michelle B.	9:30 AM Pilates Gail	9:30 AM ★ Barre Dani
9:30 AM ★ Therapeutic Yoga David	9:30 AM Body Weight Sculpt Alin	9:30 AM Cycle Melissa	9:30 AM ★ Nia Dance Natalie	9:30AM ★ Gentle Iyengar Yoga Sam	10:30 AM Cycle Lesley	10:30 AM Performance Cycle Gayle
9:30 AM Muscle Sculpt Ashley	9:30 AM Pilates Foam Roll Nadine	9:30 AM Muscle Mix Lisa	9:30 AM Pilates Debra	10:30 AM Iyengar Yoga Sam	10:30 AM Flow Yoga Fern	10:30 AM Flow Yoga Lisa
10:05AM Chair Fitness Melissa	9:30 AM ★ Strength and Balance Paloma	9:30 AM ★ Therapeutic Yoga David	10:30 AM Muscle Sculpt Gayle	10:30 AM Muscle Mix Lisa	10:30 AM Bootcamp Lana	10:30 AM Barre Sculpt Dani
10:30 AM Flow Yoga Fern	10:30 AM Barre Sculpt Dani	10:30 AM ★ Therapeutic Yoga David	10:30 AM Iyengar Yoga Sam	10:30 AM ★ Chair Zumba Sid	11:30 AM 75- min Iyengar Yoga Sam	11:30 AM Zumba Gayle
10:30 AM Step & Sculpt Audrey	10:30 AM Pilates Sandi	10:30 AM ★ Pilates Nadine	11:30 AM Iyengar Yoga Sam	11:30 AM ★ Gentle Yoga Lisa	11:30 AM Zumba Gail	12:00PM ★ Gentle Yoga Neeta
10:30 AM Beat- Based Cycle Ashley	10:30 AM ★ Chair Yoga Orli	10:30am Beat-based cycle Gillian	11:30 AM Zumba Alla	11:30 AM Zumba Gail	12:30 PM ★ Barre Dani	12:30 PM Muscle Fusion Guest Instructor



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
11:30 AM ★ Gentle Yoga Natalie		11:30 AM ★ Chair Yoga Orli		11:30 AM ★ Chair Pilates Angela		12:30 PM ★ Gentle Yoga Orli		12:30 PM ★ Therapeutic Yoga David		AQUAFIT SCHEDULE			
11:30 AM ★ Zumba Dina		11:30 AM ★ Barre Dani		11:30 AM ★ Zumba Karmiel		12:30 PM ★ 30min Tone Cathy		12:30 PM ★ Pilates Andrea		MON	9:05 AM Shohreh	10:05 AM Shohreh	12:00 PM Simin
12:30 PM ★ Restorative Yoga Natalie		11:30 AM ★ Gentle Yoga Mabel		12:00 PM ★ Gentle Iyengar Yoga Niren		1:30 PM ★ Restorative Yoga Orli		1:30 PM ★ Therapeutic Yoga David		TUE	9:05 AM Fariba	10:05AM Fariba	1:05 PM Camilla
12:30 PM ★ Pilates Debra		12:30 PM ★ Therapeutic Yoga David		12:30 PM ★ Pilates Sandi		4:30 PM Muscle Mix Alin		INDICATES LOW INTENSITY CLASS		WED	9:05 AM Simin	10:05 AM Simin	12:00 PM Ashley
1:30 PM Strength Circuit Denise		12:30 PM ★ 30min Tone and Stretch Cathy		1:00 PM Iyengar Yoga Niren		5:30 PM Abs & Glutes Alin				THUR	9:05 AM Marina	10:05 AM Marina	
5:30 PM Muscle Sculpt Beth		1:30 PM ★ Therapeutic Yoga David	1:30 PM ★ Zumba Gold Bette	5:30 PM Muscle Sculpt Beth		6:30 PM ★ Barre Dani				FRI	9:05 AM Lora	10:05 AM Debra	
6:30 PM Cycle Sammy		5:30 PM Zumba Alla		6:30 PM Cycle Neil		6:30 PM Cycle Sammy				SUN	8:05 AM TBA		
6:30 PM ★ Barre Dani		6:30 PM Vinyasa Yoga Neeta		6:30PM Abs & Glutes Beth		6:30PM Vinyasa Yoga Neeta				ROOM LOCATION			
6:30 PM Vinyasa Yoga Mary		6:30 PM Cycle Alyson		6:30 PM Iyengar Yoga Nehal		7:30 PM ★ Gentle Yoga Neeta		Main Studio					
7:30 PM ★ Zumba Sonya		6:30 PM Muscle Sculpt Lesley		7:30 PM Zumba Shireen		INDICATES LOW INTENSITY CLASS		Yoga Studio					
7:30 PM ★ Restorative Yoga Mary		7:30 PM Power Yoga Jacqueline		7:30 PM Vinyasa Yoga Mary				Indoor Pool					
								Cycle					
								Community Room 130					
						Gymnasium							
						Theatre							