



PROSSERMAN
JCC

Summer Group Exercise Schedule (July-August)

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	8:30 AM ★ Strength & Balance Paloma	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 ★ Core & Balance Julia	8:30 AM Muscle Fusion Ivanna	9:30 AM Performance Cycle Gayle	9:30 AM ★ Bootcamp Gayle	9:30 AM Beat-Based cycle Fern	9:30 AM ★ Flow Yoga Mabel
9:30 AM Cycle Fern	8:30 AM Muscle Mix Alin	8:30 AM ★ Therapeutic Yoga David	9:30 AM ★ Nia Dance Natalie	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 Cycle Audrey	9:30 AM Cycle Melissa	9:30 AM Pilates Debra	9:30 AM ★ Gentle Iyengar Yoga Sam	10:30 AM Cycle Lesley	10:30 AM Performance Cycle Gayle
9:30 AM Muscle Sculpt Ashley	9:30 AM Muscle Sculpt Alin	9:30 AM Muscle Mix Lisa	10:30 AM Muscle Sculpt Gayle	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 ★ Pilates Foam Roll Nadine	9:30 AM ★ Therapeutic Yoga David	10:30 AM Iyengar Yoga Sam	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	11:30 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 Zumba Alla	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	12:30 PM ★ Gentle Yoga Orli	11:30 AM Zumba Gail	12:30 PM ★ Barre Dani	12:30 PM Muscle Fusion Guest Instructor



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11:30 AM ★ Gentle Yoga Natalie	11:30 AM ★ Chair Yoga Orli	11:30 AM ★ Chair Pilates Angela	12:30 PM ★ 30min Tone Cathy	12:30 PM ★ Therapeutic Yoga David
11:30 AM ★ Zumba Dina	11:30 AM ★ Barre Dani	11:30 AM ★ Zumba Karmiel	1:30 PM ★ Restorative Yoga Orli	12:30 PM ★ Pilates Andrea
12:30 PM ★ Restorative Yoga Natalie	11:30 AM ★ Gentle Yoga Mabel	12:00 PM ★ Gentle Iyengar Yoga Niren	4:30 PM Muscle Mix Alin	1:30 PM ★ Therapeutic Yoga David
12:30 PM ★ Pilates Debra	12:30 PM ★ Therapeutic Yoga David	12:30 PM ★ Pilates Sandi	5:30 PM Abs & Glutes Alin	ROOM LOCATION
1:30 PM Strength Circuit Denise	12:30 PM ★ 30min Tone and Stretch Cathy	1:00 PM Iyengar Yoga Niren	6:30 PM ★ Barre Dani	
5:30 PM Muscle Sculpt Beth	1:30 PM ★ Therapeutic Yoga David	5:30 PM Muscle Sculpt Beth	6:30 PM Cycle Sammy	MIND & BODY STUDIO
6:30 PM Cycle Sammy	5:30 PM Zumba Alla	6:30 PM Cycle Neil	6:30PM Vinyasa Yoga Neeta	INDOOR POOL
6:30 PM ★ Barre Dani	6:30 PM Vinyasa Yoga Neeta	6:30PM Abs & Glutes Beth	7:30 PM ★ Gentle Yoga Neeta	
6:30 PM Vinyasa Yoga Mary	6:30 PM Cycle Alyson	6:30 PM Iyengar Yoga Nehal	★ INDICATES LOW INTENSITY CLASS	OUTDOOR POOL
7:30 PM ★ Zumba Sonya	6:30 PM Muscle Sculpt Lesley	7:30 PM Zumba Shireen		atrium
7:30 PM ★ Restorative Yoga Mary	7:30 PM Power Yoga Jacqueline	7:30 PM Vinyasa Yoga Mary		CYCLE STUDIO

AQUAFIT SCHEDULE			
MON	9:05 AM Hali	10:05 AM Hali	12:00 PM Simin
TUE	9:05 AM Fariba	10:05AM Fariba	1:05 PM Camila
WED	9:05 AM Simin	10:05 AM Simin	12:00 PM Ashley
THUR	9:05 AM Marina	10:05 AM Marina	1:05PM Aqua zumba Fabio
FRI	9:05 AM Lora	10:05 AM Debra	
SUN	8:05 AM Lora		

OUTDOOR SCHEDULE PICKLEBALL COURTS *Weather permitting* Bring your own mat format	
MON 7:15 AM	Sunrise Yoga David