











































	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LAND EXERCISE CLASS</b> 	6 a.m.	<b>Sunrise Surprise</b> Alternating Instruct. 6:30	<b>Fast and Furious!</b> Jennifer 6:50-7:20	<b>Sunrise Surprise</b> Alternating Instruct. 6-7		<b>Sunrise Surprise</b> Alternating Instruct. 6-7	
	7 a.m.				<b>Weekday Wake Up!</b> Terri 7-8	<b>Step</b> Jennifer 7:45	
	8 a.m.	 <b>Fit Mix</b> Terri 8:30-9:30	 <b>Booty Barre</b> Christine 8-8:45	 <b>Fit Mix</b> Terri 8:30-9:30	 <b>Booty Barre</b> Christine 8-8:45	 <b>PiYo</b> Heather 8:30-9	 <b>Pound</b> Carol 8:30-9
	8 a.m. (Room off free weights)			<b>MOVE</b> Khara 8:00		<b>MOVE</b> Khara 8:00	
	9 a.m.					 <b>Zumba</b> 9-9:45	 <b>Yoga</b> Carol 9:15-10
	10 a.m.	 <b>Chair Yoga</b> Amy 10-10:45		 <b>Block Therapy</b> Zack S. 10:30-11:30		 <b>Chair Yoga</b> Amy 10-10:45	
	11 a.m.	 <b>Rock Steady Boxing*</b> Amy 11-12:15		<b>Parkinson's Movement</b> Amy 11:30-12:30		 <b>Rock Steady Boxing*</b> Amy 11-12:15	
	noon	 <b>Rock Steady Boxing*</b> Amy 12:30-1:30	 <b>Toning</b> Terri 12:15-12:45	<b>Parkinson's Movement</b> Amy 12:45-1:45	 <b>Toning</b> Terri 12:15-12:45	 <b>Rock Steady Boxing*</b> Amy 12:30-1:30	
	1 p.m.	 <b>Rock Steady Boxing*</b> Amy 1:45-3	 <b>Women on Weights</b> Amy 1:15-2		 <b>Women on Weights</b> Amy 1:15-2	 <b>Rock Steady Boxing*</b> Amy 1:45-3	
	2 p.m.			<b>Parkinson's Movement</b> Amy 2-3			
In Board Room	2 p.m.	<b>Seniorcise</b> Shirley 2:15-3		<b>Seniorcise</b> Shirley 2:15-3		<b>Seniorcise</b> Shirley 2:15-3	
	3 p.m.	 <b>Rock Steady Boxing*</b> Amy 3:15-4:30		<b>Parkinson's Movement</b> Amy 3:15-4:15		 <b>Rock Steady Boxing*</b> Amy 3:15-4:30	
	5 p.m.	 <b>Yoga</b> Carol 5-5:45	 <b>CardioBlast!</b> Amy 5:15-5:45	 <b>Pilates</b> Maria 5-5:45			
	6 p.m.		 <b>Block Therapy</b> Zack S. 6-7				
Fee for this class (see front desk)		<b>Karate for age 7+</b> Steven Foster 6:30			<b>Karate for age 7+</b> Steven Foster 6:30		
<b>WATER</b>	8:30-9:30am	<b>Aquafit</b>	<b>Aquafit</b>	<b>Aquafit</b>	<b>Aquafit</b>	<b>Aquafit</b>	
	1-2 p.m.	<b>Senior Exercise</b> Shirley		<b>Senior Exercise</b> Shirley		<b>Senior Exercise</b> Shirley	
	6-7 p.m.	<b>Aquafit</b>	<b>Aquafit</b>	<b>Aquafit</b>	<b>Aquafit</b>		
<b>SPIN</b> 	6 a.m.	 <b>Spinning</b> Carol 6-6:45	 <b>Spinning</b> Jennifer 6-6:45	 <b>Spinning</b> Carol 6-6:45	 <b>Spinning</b> Jennifer 6-6:45	 <b>Spinning</b> Carol 6-6:45	
	7 a.m.						 <b>Spinning</b> Carol 7:30-8:15
	9 a.m.	 <b>Spinning</b> Mary 9-9:45	 <b>Express Spin</b> Mary 9-9:30	 <b>Spinning</b> Mary 9-9:45	 <b>Express Spin</b> Mary 9-9:30	 <b>Spinning</b> Jennifer 9-9:45	
	5 p.m.		 <b>Spinning</b> Christine 5:15-6				

**\*Rock Steady Boxing Classes** – We require all Boxers (for ROCK STEADY CLASSES ONLY) to complete a one-on-one assessment with Amy prior to class participation and have a written diagnosis of Parkinson's Disease.

Check for class changes on our website [www.jacksonvillemca.org](http://www.jacksonvillemca.org), Facebook and Instagram.