








































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

Last Revised 8/2023/