











































	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAND EXERCISE CLASS 	6 a.m.	 Weekday Workout Abi 6:30-7:15		 Weekday Workout Abi 6:30-7:15		Fitness Stations * 6-7:30	
	7 a.m.		 Weekday Workout Abi 7-7:45		Chi Ball Terri 7-7:45	Wall Pilates Abi 7- 7:30 <hr/> Step Jennifer 7:45	
	8 a.m.	 Fit Mix Terri 8:30-9:30	Booty Barre Sarah 8-9	 Fit Mix Terri 8:30-9:30	Booty Barre Sarah 8-9	 PIYO Heather 8:30-9	 Toning Abi 8:30-9
	8 a.m. (Room off free weights)			MOVE! Khara 8:00		MOVE! Khara 8:00	
	9 a.m.		 Block Therapy Lynn 9:15-10:15		 Block Therapy Lynn 9:15-10:15	 Zumba Heather 9-9:45	 Yoga Kai 9:15 -10
	10 a.m.	 Chair Yoga Amy 10-10:45				 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.	 Pilates Maria 5-5:45	 CardioBlast! Amy 5:15-5:45				
	6 p.m.			 Yoga Allie 5:30-6:15			
Fee for this class (see front desk)		Karate for age 7+ Steven Foster 6-7 and 7-8			Karate for age 7+ Steven Foster 6-7 and 7-8		
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		
	6 a.m.	 Spinning 6-6:45	 Spinning 6-6:45	 Spinning 6-6:45	 Spinning 6-6:45	 Spinning 6-6:45	SEE SPIN CLASSES SHEET
	9 a.m.	 Spinning Kate 9-9:45	 Express Spin Kate 9-9:30	 Spinning Kate 9-9:45	 Express Spin Kate 9-9:30	 Spinning Jennifer 9-9:45	
	5 p.m.			 Spinning Amy 5:15-6 pm			

***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 and Instagram. *(May change keep checking)