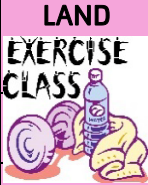











































	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 a.m.	 Weekday Workout Abby 6:30-7:15	 Weekday Workout Terri 7-7:45	 Weekday Workout Abby 6:30-7:15	Chi Ball Terri 7-7:45	Fitness Stations 6-7:30	
	7 a.m.				Weekday Wake Up! Terri 7-8	Step Jennifer 7:45	
	8 a.m.	 Fit Mix Terri 8:30-9:30	 Booty Barre Christine 8-8:45	 Fit Mix Terri 8:30-9:30	 Booty Barre Christine 8-8:45	 PIYO Heather 8:30-9	 Toning Abby 8:30-9
	8 a.m. (Room off free weights)				MOVE Khara 8:00	MOVE Khara 8:00	
	9 a.m.					 Zumba Heather 9-9:45	 Yoga Janet June 1 & 8 Abby starts June 13 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.	 Pilates Maria 5-5:45	 CardioBlast! Amy 5:15-5:45				
	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		
	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 POP-UP 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.						

***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.jacksonvilleymca.org and Instagram.