













































| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------------------------------|--|--|--|---|--|---|
|  | 6 a.m. | Sunrise Surprise Alternating Instruct. 6:30 | Fast and Furious! Jennifer 6:50-7:20 | Sunrise Surprise Alternating Instruct. 6-7 | | Sunrise Surprise Alternating Instruct. 6-7 | |
| | 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 |  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 | | |
|  | 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 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 Tom 5:15-6 |  Spinning Christine 5:15-6 |  Spinning Tom 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.