

GROUP FITNESS | OCT 2021



MONDAY

Total Body Sculpt	6:30 am	TRX/MISC Rooms	At the J	Nenna
Hatha Yoga	9 am	Exercise Studio	Hybrid	Karen
Aqua Fit	9 am	Pool	At the J	Deanna
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie
Zumba <i>(no class 10/4)</i>	noon	Online	Online	Rochelle

TUESDAY

Dynamic Yoga	6:30 am	Exercise Studio	Hybrid	Nenna
HIIT + Cycle	8:45 am	Exercise Studio	At the J	Nikki
Total Body Conditioning	9 am	Online	Online	Susie
Senior Cardio Fit	10 am	Exercise Studio	Hybrid	Karen
Power Hour	5:30 pm	Exercise Studio	At the J	Leslie

WEDNESDAY

Aqua Fit	9 am	Pool	At the J	Deanna
Bootcamp	9 am	Exercise Studio	Hybrid	Nenna
Chair Yoga	11 am	Exercise Studio	Hybrid	Karen
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie

THURSDAY

Total Body Sculpt	6:30 am	Exercise Studio	At the J	Nenna
Step	8:30 am	Exercise Studio	At the J	Nenna
HIIT	8:45 am	TRX/MISC Room	At the J	Nikki
Senior Cardio Fit	10 am	Exercise Studio	Hybrid	Karen
Total Body Conditioning <i>(no class 10/7)</i>	11 am	Online	Online	Susie
Power Hour	5:30 pm	Exercise Studio	At the J	Leslie

FRIDAY

Ab Lab	6:30 am	Exercise Studio	At the J	Nenna
Masters Swim	9 am	Pool	At the J	Francesco
Therapeutic Water Workout	10 am	Pool	At the J	Jane
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie
Zumba <i>(no class 10/1)</i>	noon	Online	Online	Rochelle

SUNDAY

Power Hour	9 am	Exercise Studio	At the J	Leslie
Step	10:15 am	Exercise Studio	At the J	Nenna

Class listings + reservation information: [SJCC.org/group-fitness](https://www.sjcc.org/group-fitness)

Class at the J

Hybrid class at the J + streamed online via Zoom

Class online via Zoom

Updated Sept. 24, 2021.