## SUMMER 2020
### FITNESS OFFERINGS

**SUN**
- **DancEnergy** 8:00AM-8:50AM
  Joyce Colahan (Indoor: Group Ex)
- **Stretch, Flow & Meditate** 9:30AM
  Allison Swartz (Zoom)
- **AQUA SPLASH** 10:00AM-10:45AM
  James D’Ambrosio (Outdoor Pool)
- **Zumba** 10:00AM
  Klara Sands (Zoom) SS

**MON**
- **DancEnergy** 8:15AM-9:05AM
  Joyce Colahan (Indoor: Group Ex)
- **Barre Class** 9:00AM-9:50AM
  Mary Pat Hawkins, Brigitte Karns (Indoor: WK & Zoom)
- **Fit Forever Cardio & Strength** 11:00AM-11:50AM
  Tabatha Keating (Indoor: Group Ex)
- **Strong Women** 8:30AM-9:15AM
  Lara Goodman (Zoom) MW
- **Forever Fit** 10:00AM-10:30AM
  Tabatha Keating (Zoom) MF
- **Chair Yoga** 11:30AM-12:00PM
  Julia Reagan (Zoom)

**TUE**
- **DancEnergy** 7:10AM-7:50AM
  Lisa Gillis (Outdoor field)
- **Calisthenics Strength Training** 9:00AM-9:30AM
  Jeff Quinn (Zoom) Tue-Thu
- **Fundamentals of Yoga** 9:30AM-10:30AM
  Stephanie Greenfield (Zoom)
- **At Home Spin Class!** 9:00AM-10:00AM
  Wendy Webber (Zoom)
- **Strong Arms, Strong Core** 10:30AM-11:00AM
  Lara Goodman (Zoom)
- **Tabata Strength & Core** 9:15AM-10:05AM
  Lisa Gillis (Indoor: Group Ex & Zoom)
- **Cardio Dance** 10:30AM-11:20AM
  Patricia Filon (Indoor: Group Ex)
- **Yoga Flow** 5:30PM-6:30PM
  Allison Swartz (Outdoor field)

**WED**
- **DancEnergy** 7:10AM-8:00AM
  Sue Riondo (Indoor: Group Ex)
- **Calisthenics Strength Training** 9:00AM-9:30AM
  Jeff Quinn (Zoom) Tue-Thu
- **Strong Women** 8:30AM-9:15AM
  Lara Goodman (Zoom) MW
- **Vinyasa Flow Yoga** 9:30AM-10:30AM
  Stephanie Greenfield (Zoom)
- **Strong Arms, Strong Core** 10:30AM-11:00AM
  Lara Goodman (Zoom)
- **Tabata Strength & Core** 9:15AM-10:05AM
  Lisa Gillis (Indoor: Group Ex)
- **Spinning** 9:00AM-9:50AM
  Tabatha Keating (Indoor: Gym)
- **Pilates** 6:00PM-6:30PM
  Brigitte Karns (Outdoor field)

**THU**
- **Live and Alive** 7:00AM-7:45AM
  Lisa Laurano (Outdoor field)
- **DancEnergy** 7:10AM-8:00AM
  Claudia Rodenstein (Indoor: Group Ex)
- **DancEnergy** 9:00AM-9:50AM
  Tabatha Keating (Indoor: Group Ex)
- **Yin Yoga** 9:00AM-9:50AM
  Dennis Goldsmith (Indoor: WK) WF
- **DancEnergy** 9:30AM-10:20AM
  Lisa Gillis (Indoor: Group Ex)
- **Sculpt & Stretch** 8:30AM-9:20AM
  Lisa Gillis (Indoor: Group Ex & Zoom)
- **Yoga Flow** 5:30PM-6:30PM
  Allison Swartz (Outdoor field)

**FRI**
- **DancEnergy** 7:10AM-8:00AM
  Aryn Ferreira (Indoor: Group Ex)
- **DancEnergy** 8:15AM-9:05AM
  Joyce Colahan (Indoor: Group Ex)
- **Spinning** 8:30AM-9:20AM
  Lisa Gillis (Indoor: Group Ex & Zoom)
- **45 Minute Abs & Arms** 9:30AM-10:15AM
  Lisa Gillis (Zoom)
- **Zumba** 10:00AM
  Klara Sands (Zoom) SS
- **AQUA SPLASH** 10:00AM-10:45AM
  Lisa Laurano (Outdoor Pool)

**SAT**
- **DancEnergy** 7:10AM-8:00AM
  Joyce Colahan (Indoor: Group Ex)
- **DancEnergy** 8:15AM-9:05AM
  Margie Cantor (Indoor: Group Ex)
- **Spinning** 9:00AM-10:00AM
  Lara Goodman (Zoom)

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**KEY:**
- **ZOOM CLASS ONLINE**
- **INDOOR & ZOOM**
- **INDOOR CLASS**
- **OUTDOOR FIELD**
- **OUTDOOR POOL**

Visit [www.JCCNS.org](http://www.JCCNS.org) for Zoom login info. For all other classes Register on MotionVibe.