

FALL 2020 FITNESS OFFERINGS



Updated 9/18/20

SUN	DancEnergy 8:00AM-8:50AM Joyce Colahan (Indoor: Group Ex)	Barre Class 9:00AM-9:50AM Mary Pat Hawkins Brigitte Karns (Indoor: WK & Zoom)		Stretch, Flow & Meditate 9:30AM Allison Swartz (Zoom)	Zoomba 10:00AM Klara Sands (Zoom) SS	
MON	DancEnergy 8:15AM-9:05AM Joyce Colahan (Indoor: Group Ex)	Tabata Strength & Core 9:15AM-10:05AM Lisa Gillis (Indoor: Group Ex & Zoom) MW		Forever Fit 10:00AM-10:30AM Tabatha Keating (Zoom) MF	Fit Forever Cardio & Strength 11:00AM-11:50AM Tabatha Keating (Indoor: Group Ex)	
	Strong Women 8:30AM-9:15AM Lara Goodman (Zoom) MW				Chair Yoga (for seniors!) 11:30AM-12:00PM Julia Reagan (Zoom)	
TUE	Tabata Strength & Core 7:00AM-7:45AM Lisa Gillis (Outdoor field)	DancEnergy 7:10AM-8:00AM Claudia Rodenstein (Indoor: Group Ex)	DancEnergy 8:30AM-9:20AM Joyce Colahan (Indoor: Group Ex)	Spinning 9:00AM-9:50AM Fanny Danesh (Indoor: Gym)	ZUMBA 9:30AM-10:20AM James D'Ambrosio (Indoor: Group Ex)	Yoga Flow 5:30PM-6:30PM Allison Swartz (Outdoor field)
	At Home Spin Class! 9:00AM-10:00AM Wendy Webber (Zoom)	Fundamentals of Yoga 9:30AM-10:30AM Stephanie Greenfield (Zoom)	Senior Fitness 10:00AM-10:30AM Lara Goodman (Zoom)	Strong Legs, Strong Core 10:30AM-11:00AM Lara Goodman (Zoom)	Lunchtime, Crunchtime, Arms & Abs! 12:00PM-12:45PM Lisa Gillis (Zoom)	Zoomba 5:30PM Klara Sands (Zoom)
WED	DancEnergy 8:15AM-9:05AM Joyce Colahan (Indoor: Group Ex)	Tabata Strength & Core 9:15AM-10:05AM Lisa Gillis (Indoor: Group Ex & Zoom) MW	Cardio Dance 10:30AM-11:20AM Patricia Pilon (Indoor: Group Ex)			
	Strong Women 8:30AM-9:15AM Lara Goodman (Zoom) MW		Yoga 10:00AM Sarah McCormack (Zoom)	Stretch & Core 10:00AM-10:30AM Tabatha Keating (Zoom)	Tabata Strength & Core 10:30AM-11:00AM Tabatha Keating (Zoom) WF	
THU	DancEnergy 7:10AM-8:00AM Sue Riordan (Indoor: Group Ex)	DancEnergy 8:15AM-9:05AM Lisa Gillis (Indoor: Group Ex)	Spinning 9:00AM-9:50AM Tabatha Keating (Indoor: Gym)		Pilates 6:00PM-6:30PM Brigitte Karns (Outdoor field)	
			Vinyasa Flow Yoga 9:30AM-10:30AM Stephanie Greenfield (Zoom)	Strong Arms, Strong Core 10:30AM-11:00AM Lara Goodman (Zoom)		
FRI	Live and Alive 7:00AM-8:00AM Lisa Laurano (Outdoor field)	DancEnergy 7:10AM-8:00AM Claudia Rodenstein (Indoor: Group Ex)	Sculpt & Stretch 8:30AM-9:20AM Lisa Gillis (Indoor: Group Ex & Zoom)	Yin Yoga 9:00AM-9:50AM Dennis Goldsmith (Indoor: WK) WF	DancEnergy 9:30AM-10:20AM Lisa Gillis (Indoor: Group Ex)	
				Spinning 9:00AM-10:00AM Lara Goodman (Zoom)	Forever Fit 10:00AM-10:30AM Tabatha Keating (Zoom) MF	Tabata Strength & Core 10:30AM-11:00AM Tabatha Keating (Zoom) WF
SAT	DancEnergy 7:10AM-8:00AM Aryn Ferreira (Indoor: Group Ex)	DancEnergy 8:15AM-9:05AM Joyce Colahan (Indoor: Group Ex)	Spinning 8:15AM-9:05AM Margie Cantor (Indoor: Gym)	45 Minute Abs & Arms 9:30AM-10:15AM Lisa Gillis (Zoom)	Zoomba 10:00AM Klara Sands (Zoom) SS	

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



Visit www.JCCNS.org for Zoom login info. For all other classes Register on MotionVibe.