

# SPRING 2021 FITNESS OFFERINGS



Updated 4/30/21

SUN	MON	TUE	WED	THU	FRI	SAT
<b>DancEnergy</b> 8:00AM-8:55AM Joyce Colahan (Indoor: Group Ex)	<b>DancEnergy</b> 8:15AM-9:10AM Joyce Colahan (Indoor: Group Ex)	<b>DancEnergy</b> 7:00AM-7:55AM Claudia Rodenstein (Indoor: Group Ex)	<b>DancEnergy</b> 8:15AM-9:10AM Joyce Colahan (Indoor: Group Ex)	<b>DancEnergy</b> 7:00AM-7:55AM Sue Riordan (Indoor: Group Ex)	<b>DancEnergy</b> 7:00AM-7:55AM Claudia Rodenstein (Indoor: Group Ex)	<b>DancEnergy</b> 7:00AM-7:55AM Aryn Ferreira (Indoor: Group Ex)
<b>Barre Class</b> 9:00AM-9:55AM Mary Pat Hawkins Brigitte Karns (Indoor: WK & Zoom)	<b>Strong Women</b> 8:30AM-9:15AM Lara Goodman (Zoom) <b>MW</b>	<b>Tabata Strength &amp; Core</b> 7:00AM-7:45AM Lisa Gillis (Outdoor Field)	<b>Strong Women</b> 8:30AM-9:15AM Lara Goodman (Zoom) <b>MW</b>	<b>Tabata Strength &amp; Core</b> 8:00AM-8:55AM Tabatha Keating (Outdoor Field)	<b>Sculpt &amp; Stretch</b> 8:30AM-9:20AM Lisa Gillis (Indoor: Gym & Zoom)	<b>DancEnergy</b> 8:15AM-9:10AM Joyce Colahan (Indoor: Group Ex)
<b>Israeli Dancing</b> 9:00AM-10:25AM (Indoor: Gym)	<b>Tabata Strength &amp; Core</b> 9:15AM-10:05AM Lisa Gillis (Zoom) <b>MW</b>	<b>DancEnergy</b> 8:30AM-9:25AM Joyce Colahan (Indoor: Group Ex)	<b>Yin Yoga</b> 9:00AM-9:55AM Dennis Goldsmith (Indoor: Ocean Room)	<b>DancEnergy</b> 8:15AM-9:10AM Lisa Gillis (Indoor: Group Ex)	<b>Spinning</b> 9:00AM-10:00AM Lara Goodman (Zoom)	<b>Spinning</b> 8:15AM-9:10AM Margie Cantor (Indoor: Gym)
<b>ZUMBA</b> 9:30AM-10:25AM James D'Ambrosio (Indoor: Group Ex)	<b>Yoga Flow</b> 10:00AM-10:55AM Allison Swartz (Outdoor Field)	<b>Spinning</b> 9:00AM-9:55AM Fanny Danesh (Indoor: Gym)	<b>Bodyweight Bootcamp</b> 9:00AM-9:55AM Lisa Laurano (Outdoor Field)	<b>Walk and Talk</b> 8:30AM-9:30AM* Lara Goodman (Locations below)	<b>DancEnergy</b> 9:30AM-10:25AM Lisa Gillis (Indoor: Group Ex)	<b>45 Minute Abs &amp; Arms</b> 9:30AM-10:15AM Lisa Gillis (Zoom)
<b>Stretch, Flow &amp; Meditate</b> 9:30AM Allison Swartz (Zoom)	<b>AQUA SPLASH</b> 10:00AM-10:45AM Tabatha Keating (Indoor Pool) <b>MTuTh</b>	<b>Fundamentals of Yoga</b> 9:30AM-10:30AM Stephanie Greenfield (Zoom)	<b>Tabata Strength &amp; Core</b> 9:15AM-10:05AM Lisa Gillis (Zoom) <b>MW</b>	<b>Spinning</b> 9:00AM-9:55AM Tabatha Keating (Indoor: Gym)	<b>Yoga Flow</b> 9:30AM-10:25AM Cybele Leger (Outdoor Field)	<b>Zoomba</b> 10:00AM Klara Sands (Zoom) <b>SS</b>
<b>Zoomba</b> 10:00AM Klara Sands (Zoom) <b>SS</b>	<b>Fit Forever Cardio &amp; Strength</b> 11:00AM-11:55AM Tabatha Keating (Indoor: Group Ex)	<b>ZUMBA</b> 10:00AM-10:55AM James D'Ambrosio (Indoor: Group Ex)	<b>AQUA ZUMBA</b> 10:00AM-10:45AM James D'Ambrosio (Indoor Pool)	<b>Vinyasa Flow Yoga</b> 9:30AM-10:30AM Stephanie Greenfield (Zoom)	<b>Forever Fit</b> 10:00AM-10:45AM Tabatha Keating (Zoom)	
	<b>Pilates</b> 5:30PM-6:25PM Brigitte Karns (Indoor: Group Ex)	<b>AQUA SPLASH</b> 10:00AM-10:45AM Lisa Laurano (Indoor Pool) <b>MTuTh</b>	<b>Cardio Dance</b> 10:00AM-10:55AM Patricia Pilon (Indoor: Group Ex)	<b>AQUA SPLASH</b> 10:00AM-10:45AM Lisa Laurano (Indoor Pool) <b>MTuTh</b>	<b>Strong Arms, Strong Core</b> 10:30AM-11:00AM Lara Goodman (Zoom)	
		<b>Senior Fitness</b> 10:00AM-10:30AM Lara Goodman (Zoom)	<b>Yoga</b> 10:00AM Sarah McCormack (Zoom)	<b>Strong Arms, Strong Core</b> 10:30AM-11:00AM Lara Goodman (Zoom)		
		<b>Strong Legs, Strong Core</b> 10:30AM-11:00AM Lara Goodman (Zoom)	<b>Strength, Stretch &amp; Core</b> 10:00AM- 10:50AM Tabatha Keating (Zoom)			
		<b>Lunchtime, Crunchtime, Arms &amp; Abs!</b> 12:00PM-12:45PM Lisa Gillis (Zoom)				
		<b>Israeli Dancing</b> 6:30PM-7:25PM (Indoor: Gym)				

**WALK AND TALK LOCATIONS**

- 5/6: JCCNS parking lot to walk a different section of rail trail
- 5/13: In front of the arcade at Salem Willows to walk around the Willows
- 5/20: Great woods road entrance to Lynn Woods
- 5/27: Nahant rotary to walk Long Beach in Nahant

*\*All walks are about an hour, weather dependent. No registration necessary.*

<b>KEY:</b>	<b>ZOOM CLASS ONLINE</b>	<b>INDOOR &amp; ZOOM</b>	<b>INDOOR CLASS</b>	<b>OUTDOOR FIELD**</b>	<b>INDOOR POOL</b>
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\*\*Class participants must bring their own equipment for outdoor classes. Outdoor classes begin 4/5/21.

