

FALL 2021 GROUP EXERCISE



Starting 9/13/21

MON	TUE	WED	THU	FRI	SAT	SUN
Results 3C 6:00AM-6:45AM Lisa Gillis (Group Ex)	DancEnergy 7:00AM-7:55AM Claudia Rodenstein (Group Ex)	Sweat & Burn 6:00AM-6:45AM Lisa Gillis (Group Ex)	DancEnergy 7:00AM-7:55AM Sue Riordan (Group Ex)	DancEnergy 7:00AM-7:55AM Claudia Rodenstein (Group Ex)	DancEnergy 7:00AM-7:55AM Aryn Ferreira (Group Ex)	DancEnergy 8:00AM-8:55AM Joyce Colahan (Group Ex)
DancEnergy 8:15AM-9:15AM Joyce Colahan (Group Ex)	DancEnergy 8:30AM-9:25AM Joyce Colahan (Group Ex)	DancEnergy 8:15AM-9:10AM Joyce Colahan (Group Ex)	Tabata Strength and Core 8:00AM-8:55AM Tabatha Keating (J-Fit)	Sculpt and Stretch 8:30AM-9:20AM Lisa Gillis (WK & Zoom)	DancEnergy 8:00AM-8:55AM Joyce Colahan (Group Ex)	BARRE BODY* 9:00AM-9:55AM Mary Pat Hawkins/ Brigitte Karns (J-Fit & Zoom)
Strong Women 8:30AM-9:15AM Lara Goodman (Zoom)	Strong Women 8:30AM-9:25AM Lara Goodman (WK-R)	Strong Women 8:30AM-9:15AM Lara Goodman (Zoom)	DancEnergy 8:15AM-9:10AM Lisa Gillis (Group Ex)	Spinning®* 9:00AM-10:00AM Lara Goodman (Spin Studio)	Spinning®* 8:15AM-9:10AM Margie Cantor (Spin Studio)	Stretch, Flow and Meditate 9:00AM-10:00AM Allison Swartz (Zoom)
Tabata Strength and Core 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)	BARRE BODY* 9:00AM-9:55AM Lisa Laurano (J-Fit)	Spinning® Core* 9:00AM-9:55AM Tabatha Keating (Spin Studio)	Walk and Talk 8:30AM-9:30AM** Lara Goodman (Locations below)	DancEnergy 9:30AM-10:25AM Lisa Gillis (Group Ex)	Yoga Flow 9:00AM-9:55AM Julia Reagan (Group Ex)	Zumba® 9:30AM-10:25AM James D'Ambrosio (Group Ex)
Spinning®* 9:30AM-10:15AM Liz Carlson (Spin Studio)	Spinning®* 9:00AM-9:55AM Wendy Webber (Spin Studio)	Bodyweight Bootcamp 9:00AM-9:55AM Lisa Laurano (J-Fit)	Spinning®* 9:00AM-9:50AM Tabatha Keating (Spin Studio)	Aqua Splash 10:00AM-10:45AM James D'Ambrosio (Indoor Pool)	45 Minute Abs and Arms 9:30AM-10:15AM Lisa Gillis (Zoom)	Yoga 10:00AM-10:55AM Cybele Leger (WK)
Vinyasa Yoga 10:00AM-10:50AM Allison Swartz (WK-R & Zoom)	Fundamentals of Yoga 9:30AM-10:25AM Stephanie Greenfield (WK & Zoom)	Tabata Strength and Core 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)	BARRE BODY* 9:00AM-9:55AM Lisa Laurano (J-Fit)	Forever Fit 10:00AM-10:45AM Tabatha Keating (Zoom)	Aqua Splash 10:00AM-10:45AM James D'Ambrosio (Indoor Pool)	Zoomba 10:00AM-11:00AM Klara Sands (Zoom)
Aqua Splash 10:00AM-10:45AM Tabatha Keating (Indoor Pool)	Zumba® 9:30AM-10:25AM James D'Ambrosio (Group Ex)	Cardio Dance 9:15AM-10:10AM Patricia Pilon (Group Ex)	Zumba® 9:30AM-10:25AM Liz Carlson (Group Ex)	Senior Strength & Balance 1:00PM-1:45PM Julia Reagan (WK-R)	Zumba® 10:00AM-10:55AM Klara Sands (Group Ex)	
Fit Forever Cardio & Strength 11:00AM-11:55AM Tabatha Keating (Group Ex)	Aqua Splash 10:00AM-10:45AM Lisa Laurano (Indoor Pool)	Yoga 10:00AM-10:55AM Sarah McCormack (J-Fit & Zoom)	Vinyasa Yoga 9:30AM-10:25AM Stephanie Greenfield (WK & Zoom)			
Pilates 5:30PM-6:25PM Brigitte Karns (Group Ex)	Senior Fitness 10:00AM-10:30AM Lara Goodman (Zoom)	Senior Strength & Balance 1:00PM-1:45PM Julia Reagan (WK-R)	Aqua Splash 10:00AM-10:45AM Lisa Laurano (Indoor Pool)			
DancEnergy 6:30PM-7:25PM Brigitte Karns (Group Ex)	Strong Legs, Strong Core 10:30AM-11:00AM Lara Goodman (Zoom)	Spinning®* 5:30PM-6:15PM Lara Goodman (Spin Studio)	Strong Arms, Strong Core 10:30AM-11:00AM Lara Goodman (Zoom)			
	Zumba® 6:30PM-7:25PM James D'Ambrosio (Group Ex)		Pilates Sport 6:00PM-6:55PM Brigitte Karns (Group Ex)			

SCHEDULE SUBJECT TO CHANGE

WALK AND TALK LOCATIONS

Sept 9: Red Rock Park and Lynn Shore Drive, Lynn. Meet at Red Rock Park.

Sept 16: Forest River Park, Salem. Meet at Pioneer Village, Salem.

Sept 23: Lynn Woods, Lynn. Meet at Great Woods Rd Entrance parking area.

Sept 30: Marblehead Rail Trail, Marblehead. Meet at JCC parking lot.

*** All walks are about an hour, weather dependent. No registration necessary. See JCCNS.org for up-to-date locations.*

*Please pre-register on MotionVibe for Spin, TRX, and Barre classes

KEY:

ZOOM CLASS ONLINE	INDOOR & ZOOM	INDOOR CLASS	INDOOR POOL
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INDOOR CLASS LOCATIONS: Group Exercise Studio, J-Fit Studio, Spin Studio, Weiss Kirstein.