

# FALL 2021 GROUP EXERCISE

Updated 11/10/21



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

**SCHEDULE SUBJECT TO CHANGE**

**WALK AND TALK LOCATIONS**

11/4: Forest River Park, 32 Clifton Ave., meet by Pioneer Village

11/18: Lynn Murals, meet at Lynn Museum, 590 Washington Street, Lynn

11/11: Lynn Shore Drive, meet at Mission on the Bay, 141 Humphrey Street, Swampscott

11/25: Thanksgiving Day - NO ARRANGED WALK

*\*\* 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.