# FALL 2021 GROUP EXERCISE

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<th>DAY</th>
<th>Schedule</th>
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| **MON** | **Results 3C**<br>6:00AM-6:45AM<br>Lisa Gillis (Group Ex)<br><br>**DancEnergy**<br>8:15AM-9:15AM<br>Joyce Colahan (Group Ex)<br><br>**Strong Women**<br>8:30AM-9:15AM<br>Lara Goodman (Zoom)<br><br>**Tabata Strength and Core**<br>9:15AM-10:00AM<br>Lara Goodman (WK-R)<br><br>**Spinning® Shorter Sweaters**<br>9:00AM-9:45AM<br>Liz Carlson (Spin Studio)<br><br>**Vinyasa Yoga**<br>10:00AM-10:50AM<br>Allison Swartz (WK-R & Zoom)<br><br>**Aqua Splash**<br>10:00AM-10:45AM<br>Tabatha Keating (Indoor Pool)<br><br>**Fit Forever Cardio & Strength**<br>11:00AM-11:55AM<br>Tabatha Keating (Group Ex)<br><br>**Pilates**<br>5:30PM-6:25PM<br>Brigitte Karns (Group Ex)<br><br>**DancEnergy**<br>6:30PM-7:25PM<br>Brigitte Karns (Group Ex)<br><br>**DancEnergy**<br>7:00AM-7:55AM<br>Claudia Rodenstein (Group Ex)<br><br>**DancEnergy**<br>8:30AM-9:25AM<br>Joyce Colahan (Group Ex)<br><br>**Strong Women**<br>8:30AM-9:25AM<br>Lara Goodman (Group Ex)<br><br>**Tabata Strength and Core**<br>9:15AM-10:00AM<br>Lara Goodman (Spin Studio)<br><br>**Fundamentals of Yoga**<br>9:30AM-10:25AM<br>Stephanie Greenfield (WK & Zoom)<br><br>**Zumba®**<br>9:30AM-10:25AM<br>James D'Ambrosio (Group Ex)<br><br>**Aqua Splash**<br>10:00AM-10:45AM<br>Tabatha Keating (Indoor Pool)<br><br>**Senior Fitness**<br>10:00AM-10:30AM<br>Lara Goodman (Zoom)<br><br>**Zumba®**<br>6:30PM-7:25PM<br>James D'Ambrosio (Group Ex)<br><br>**DancEnergy**<br>7:00AM-7:55AM<br>Sue Riordan (Group Ex)<br><br>**Tabata Strength and Core**<br>8:00AM-8:55AM<br>Tabatha Keating (J-Fit)<br><br>**Spinning® Core**<br>9:00AM-9:55AM<br>Tabatha Keating (Spin Studio)<br><br>**Tabata Strength and Core**<br>9:15AM-10:00AM<br>Lara Goodman (WK-R & Zoom)<br><br>**Cardio Dance**<br>9:15AM-10:10AM<br>Patricia Pilon (Group Ex)<br><br>**Yoga**<br>10:00AM-10:55AM<br>Sarah McCormack (J-Fit & Zoom)<br><br>**Senior Strength & Balance**<br>1:00PM-1:45PM<br>Julia Reagan (WK-R)<br><br>**Vinyasa Yoga**<br>9:30AM-10:25AM<br>Stephanie Greenfield (WK & Zoom)<br><br>**Aqua Splash**<br>10:00AM-10:45AM<br>Tabatha Keating (Zoom)<br><br>**DancEnergy**<br>9:30AM-10:25AM<br>Lara Goodman (Zoom)<br><br>**Walk and Talk**<br>8:30AM-9:30AM**<br>Lara Goodman (Locations below)<br><br>**Spinning®**<br>9:00AM-9:50AM<br>Lara Goodman (Spin Studio)<br><br>**Abs and Arms**<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM<br>8:00AM-8:55AM<br>9:00AM-9:55AM

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

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

**INDOOR CLASS LOCATIONS:** Group Exercise Studio, J-Fit Studio, Spin Studio, Weiss Kirstein.

Visit [www.JCCNS.org](http://www.JCCNS.org) for Zoom login info.

4 COMMUNITY ROAD, MARBLEHEAD, MA 01945  (781) 631-8330

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**WALK AND TALK LOCATIONS**

12/2 Walk Winter Island. Meet at Salem Willows, near arcade. Bring walking poles, as needed.

12/9 Walk Nahant Long Beach. (Be prepared to walk on the sand.) Meet at parking lot near Nahant Rotary.

12/16 Walk Seaside Park, Marblehead. Meet at Seaside Park, across from Marblehead Police Station. Bring walking poles, as needed.

**SCHEDULE SUBJECT TO CHANGE**

Updated 12/9/21