### WINTER 2022 GROUP EXERCISE

#### MON
- **Results 3C**
  - 6:00AM-6:45AM
  - Lisa Gillis (Group Ex)
- **DancEnergy**
  - 8:15AM-9:15AM
  - Joyce Colahan (Group Ex)

#### TUE
- **DancEnergy**
  - 7:00AM-7:55AM
  - Claudia Rodenstein (Group Ex)
- **Strong Women**
  - 8:30AM-9:15AM
  - Lara Goodman (Zoom)

#### WED
- **Sweat & Burn**
  - 6:00AM-6:45AM
  - Lisa Gillis (Group Ex)
- **DancEnergy**
  - 8:15AM-9:10AM
  - Joyce Colahan (Group Ex)

#### THU
- **DancEnergy**
  - 7:00AM-7:55AM
  - Sue Riordan (Group Ex)
- **Tabata Strength and Core**
  - 8:30AM-9:20AM
  - Tabatha Keating (WK & Zoom)

#### FRI
- **DancEnergy**
  - 7:00AM-7:55AM
  - Ayni Ferreira (Group Ex)
- **Spinning®**
  - 8:30AM-9:25AM
  - Joyce Colahan (Group Ex)

#### SAT
- **DancEnergy**
  - 7:00AM-7:55AM
  - Joyce Colahan (Group Ex)
- **Spinning®**
  - 8:15AM-9:10AM
  - Joyce Colahan (Group Ex)

#### SUN
- **DancEnergy**
  - 8:00AM-8:55AM
  - Joyce Colahan (Group Ex)
- **BARRE BODY®**
  - 9:00AM-9:55AM
  - Mary Pat Hawkins/Brigitte Karns (J-Fit & Zoom)

#### SCHEDULE SUBJECT TO CHANGE

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

Visit www.JCCNS.org for Zoom login info.