**SUMMER 2022 GROUP EXERCISE**

**MON**
- **Results 3C**
  6:00AM-6:45AM Lisa Gillis (Group Ex)
- **DancEnergy**
  8:15AM-9:15AM Joyce Colahan (Group Ex)
- **Strong Women**
  8:30AM-9:15AM Lara Goodman (Zoom)
- **Tabata Strength and Core**
  9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)
- **Dance Fit**
  9:30AM-10:25AM Liz Carlson (Group Ex)
- **Vinyasa Yoga**
  10:00AM-10:50AM Allison Swartz (WK-R & Zoom)
- **Aqua Splash**
  10:00AM-10:45AM Tabatha Keating (Indoor Pool)
- **Fit Forever Cardio & Strength**
  11:00AM-11:55AM Tabatha Keating (Group Ex)
- **Pilates**
  5:30PM-6:25PM Brigitte Karns (Group Ex)
- **DancEnergy**
  6:30PM-7:25PM Brigitte Karns (Group Ex)

**TUE**
- **DancEnergy**
  7:00AM-7:55AM Claudia Rodenstein (Group Ex)
- **Strong Women**
  8:30AM-9:25AM Lara Goodman (Group Ex)
- **BARRE BODY***
  9:00AM-9:55AM Lisa Laurano (J-Fit)
- **Fundamentals of Yoga**
  9:30AM-10:25AM Julia Reagan (WK & Zoom)
- **Aqua Splash**
  10:00AM-10:45AM Tabatha Keating (Indoor Pool)
- **Senior Fitness**
  10:00AM-10:30AM Lara Goodman (Zoom)
- **Zumba®**
  6:30PM-7:25PM Klara Sands (Group Ex)

**WED**
- **Sweat & Burn**
  6:00AM-6:45AM Lisa Gillis (Group Ex)
- **DancEnergy**
  8:15AM-9:10AM Joyce Colahan (Group Ex)
- **Strong Women**
  8:30AM-9:15AM Lara Goodman (Zoom)
- **Tabata Strength and Core**
  9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)
- **Cardio Dance**
  9:15AM-10:10AM Patricia Pilon (Group Ex)
- **Spinning®**
  9:00AM-9:55AM Tabatha Keating (Spin Studio)
- **Yoga**
  10:00AM-10:55AM Sarah McCormack (WK & Zoom)
- **Senior Strength & Balance**
  1:00PM-1:45PM Julia Reagan (WK-R)
- **Spinning®**
  4:30PM-6:15PM Lara Goodman (Spin Studio)
- **Power Pump**
  5:30PM-6:25PM Dennis Goldsmith (Group Ex)

**THU**
- **DancEnergy**
  7:00AM-7:55AM Sue Riordan (Group Ex)
- **Tabata Strength and Core**
  8:30AM-9:25AM Dennis Goldsmith (Group Ex)
- **Power Pump**
  8:30AM-9:25AM Tabatha Keating (J-Fit)
- **BARRE BODY***
  9:00AM-9:55AM Lisa Laurano (Group Ex)
- **Yoga**
  10:00AM-10:55AM Sarah McCormack (WK & Zoom)
- **Senior Strength & Balance**
  1:00PM-1:45PM Julia Reagan (WK-R)
- **Spinning®**
  5:30PM-6:15PM Lara Goodman (Spin Studio)
- **Pilates Sport**
  6:00PM-6:55PM Brigitte Karns (WK-R)

**FRI**
- **DancEnergy**
  7:00AM-7:55AM Ayn Ferreira (Group Ex)
- **Power Pump**
  8:30AM-9:25AM Joyce Colahan (Group Ex)
- **Sculpt and Stretch**
  8:30AM-9:25AM Margie Cantor (Spin Studio)
- **BARRE BODY***
  9:00AM-9:55AM Mary Pat Hawkins/ Brigitte Karns (J-Fit & Zoom)
- **Aqua Splash**
  9:15AM-10:00AM James D'Ambrosio (OUTDOOR POOL)
- **Forever Fit**
  10:00AM-10:45AM Tabatha Keating (Zoom)
- **Senior Strength & Balance**
  1:00PM-1:45PM Julia Reagan (WK-R)
- **Zumba®**
  9:30AM-10:25AM James D'Ambrosio (Group Ex)

**SAT**
- **DancEnergy**
  7:00AM-7:55AM Ayn Ferreira (Group Ex)
- **Spinning®**
  8:30AM-9:25AM Joyce Colahan (Group Ex)
- **Aqua Splash**
  9:15AM-10:00AM James D'Ambrosio (Indoor Pool)
- **45 Minute Abs and Arms**
  9:30AM-10:15AM Lisa Gillis (Zoom)
- **Zumba®**
  9:30AM-10:25AM James D'Ambrosio (Zoom)

**SUN**
- **DancEnergy**
  8:00AM-8:55AM Joyce Colahan (Group Ex)
- **Spinning®***
  8:30AM-9:25AM Lara Goodman (Spin Studio)
- **BARRE BODY***
  9:00AM-9:55AM Mary Pat Hawkins/ Brigitte Karns (J-Fit & Zoom)
- **Aqua Splash**
  9:15AM-10:00AM James D'Ambrosio (OUTDOOR POOL)
- **Zumba®**
  9:30AM-10:25AM James D'Ambrosio (Group Ex)

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

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

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

Visit www.JCCNS.org for Zoom login info.

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

Updated 8/12/22