# FALL 2022 GROUP EXERCISE

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
</table>
| **Results 3C**  
6:00AM-6:45AM  
Lisa Gillis  
(Group Ex)  | **DancEnergy**  
7:00AM-7:55AM  
Claudia Rodenstein  
(Group Ex)  | **Sweet & Burn**  
6:00AM-6:45AM  
Lisa Gillis (Group Ex)  | **DancEnergy**  
7:00AM-7:55AM  
Sue Riordan  
(Group Ex)  | **Results 3C**  
6:00AM-6:45AM  
Lisa Gillis  
(Group Ex)  | **DancEnergy**  
8:00AM-8:55AM  
Joyce Colahan  
(Group Ex)  | **Spinning**  
8:30AM-9:25AM  
Lara Goodman  
(Spin Studio)  |
| **DancEnergy**  
8:15AM-9:10AM  
Joyce Colahan  
(Group Ex)  | **Strong Women**  
8:30AM-9:15AM  
Lara Goodman  
(Zoom)  | **Spinning**  
8:15AM-9:10AM  
Lisa Gillis  
(Group Ex)  | **DancEnergy**  
8:00AM-8:55AM  
Claudia Rodenstein  
(Group Ex)  | **Spinning**  
8:15AM-9:10AM  
Dennis Goldsmith  
(Group Ex)  | **Spinning**  
9:00AM-9:55AM  
Mary Pat Hawkins/Brigitte Karns  
(Spin Studio)  |
| **Strong Women**  
8:30AM-9:15AM  
Lara Goodman  
(Zoom)  | **Fundamentals of Yoga**  
9:30AM-10:25AM  
Stephanie Greenfield  
(WK & Zoom)  | **DancEnergy**  
9:00AM-9:55AM  
Tabatha Keating  
(WP)  | **Power Pump**  
8:30AM-9:25AM  
Dennis Goldsmith  
(Group Ex)  | **BARRE BODY**  
9:00AM-9:55AM  
Mary Pat Hawkins/Brigitte Karns  
(Spin Studio)  | **Beginner Yoga**  
10:00AM-10:55AM  
Cybele Leger  
(WK)  |
| **Tabata Strength and Core**  
9:15AM-10:00AM  
Lisa Gillis  
(WK-R & Zoom)  | **Tabata Strength and Core**  
9:15AM-10:00AM  
Lisa Gillis  
(WK-R & Zoom)  | **Tabata Strength and Core**  
9:15AM-10:00AM  
Lisa Gillis  
(WK-R & Zoom)  | **Sculpt and Stretch**  
8:30AM-9:20AM  
Lisa Gillis  
(WK & Zoom)  | **45 Minute Abs and Arms**  
9:30AM-10:15AM  
Lisa Gillis  
(Zoom)  |  |
| **Dance Fit+**  
9:30AM-10:25AM  
Liz Carlson  
(Group Ex)  | **Cardio Dance**  
9:15AM-10:10AM  
Patricia Pilon  
(Group Ex)  | **Yoga**  
10:00AM-10:55AM  
Sarah McCormack  
(WK & Zoom)  | **DancEnergy**  
9:30AM-10:25AM  
Lisa Gillis  
(Group Ex)  |  |
| **Vinyasa Yoga**  
10:00AM-10:50AM  
Allison Swartz  
(WK-R & Zoom)  | **Aqua Splash**  
10:00AM-10:45AM  
Tabatha Keating  
(Zoom)  | **Vinyasa Yoga**  
9:30AM-10:25AM  
Julia Reagan  
(WK & Zoom)  | **Aqua Splash**  
10:00AM-10:45AM  
James D’Ambrosio  
(Zoom)  |  |
| **Aqua Splash**  
10:00AM-10:45AM  
Tabatha Keating  
(Zoom)  | **Senior Fitness**  
10:00AM-10:30AM  
Lara Goodman  
(Zoom)  | **Senior Strength & Balance**  
1:00PM-1:45PM  
Julia Reagan  
(WK-R)  | **Forever Fit**  
10:00AM-10:45AM  
Tabatha Keating  
(Zoom)  |  |
| **Fit Forever Cardio & Strength**  
11:00AM-11:55AM  
Tabatha Keating  
(Group Ex)  | **Zumba®**  
6:30PM-7:25PM  
Klara Sands  
(Group Ex)  | **Spinning®**  
5:30PM-6:15PM  
Lisa Gillis  
(WK-R & Zoom)  | **Yin Yoga**  
10:30AM-11:25AM  
Dennis Goldsmith  
(WK)  |  |
| **Pilates**  
5:30PM-6:25PM  
Brigitte Karns  
(Group Ex)  | **Senior Strength & Balance**  
1:00PM-1:45PM  
Julia Reagan  
(WK-R)  | **Power Pump**  
5:30PM-6:25PM  
Dennis Goldsmith  
(Group Ex)  | **Senior Strength & Balance**  
1:00PM-1:45PM  
Julia Reagan  
(WK-R)  |  |
| **DancEnergy**  
6:30PM-7:25PM  
Brigitte Karns  
(Group Ex)  |  | **Pilates Sport**  
6:30PM-7:25PM  
Brigitte Karns  
(Group Ex)  |  |  |  |

*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 for Zoom login info.

4 COMMUNITY ROAD, MARBLEHEAD, MA 01945  
(857) 285-7900

**SCHEDULE SUBJECT TO CHANGE**

Updated 12/15/22