

GROUP EXERCISE SCHEDULE



Updated 11/7/2023

MON	TUE	WED	THU	FRI	SAT	SUN
Results 3C 6:00AM-6:45AM Lisa Gillis (Group Ex)	DancEnergy 7:00AM-7:55AM Claudia Rodenstein (Group Ex)	Sweat & Burn 6:00AM-6:45AM Lisa Gillis (Group Ex)	DancEnergy 7:00AM-7:55AM Mary Pat Hawkins (Group Ex)	Results 3C 6:00AM-6:45AM Lisa Gillis (Group Ex)	DancEnergy 7:00AM-7:55AM Aryn Ferreira (Group Ex)	DancEnergy 8:00AM-8:55AM Joyce Colahan (Group Ex)
DancEnergy 8:15AM-9:15AM Joyce Colahan (Group Ex)	Rowing NEW! 7:30AM-8:25AM Blake Forman (J-Fit)	DancEnergy 8:15AM-9:10AM Joyce Colahan (Group Ex)	Rowing NEW! 7:30AM-8:25AM Blake Forman (Gym)	DancEnergy 7:00AM-7:55AM Claudia Rodenstein (Group Ex)	DancEnergy 8:00AM-8:55AM Joyce Colahan (Group Ex)	Spinning®* 8:30AM-9:25AM Lara Goodman (Spin Studio)
Strong Women 8:30AM-9:15AM Lara Goodman (Zoom)	DancEnergy 8:30AM-9:25AM Joyce Colahan (Group Ex)	Strong Women 8:30AM-9:15AM Lara Goodman (Zoom)	TRX Strength and Core NEW! 8:00AM-8:55AM Tabatha Keating (J-Fit)	Power Pump 8:30AM-9:25AM Dennis Goldsmith (Group Ex)	Spinning®* 8:15AM-9:10AM Margie Cantor (Spin Studio)	BARRE BODY 9:00AM-9:55AM Mary Pat Hawkins/ Brigitte Karns (J-Fit)
Tabata Strength and Core 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)	Strong Women 8:30AM-9:25AM Lara Goodman (WK-R)	Spinning® Core* 9:00AM-9:55AM Tabatha Keating (Spin Studio)	DancEnergy 8:15AM-9:10AM Lisa Gillis (Group Ex)	Sculpt and Stretch 8:30AM-9:20AM Lisa Gillis (WK & Zoom)	Gentle Yoga 9:00AM-9:55AM Julia Reagan (WK)	Zumba® 9:30AM-10:25AM James D'Ambrosio (Group Ex)
Dance Fit+ 9:30AM-10:25AM Liz Carlson (Group Ex)	Spinning®* 9:00AM-9:55AM Wendy Webber (Spin Studio)	Tabata Strength and Core 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)	Spinning®* 9:00AM-9:50AM Tabatha Keating (Spin Studio)	DancEnergy 9:30AM-10:25AM Lisa Gillis (Group Ex)	45 Minute Abs and Arms 9:30AM-10:15AM Lisa Gillis (Zoom)	Beginner Yoga 10:00AM-10:55AM Cybele Leger (WK)
Vinyasa Yoga 10:05AM-11:00AM Allison Swartz (WK-R & Zoom)	Fundamentals of Yoga 9:30AM-10:25AM Stephanie Greenfield (WK & Zoom)	Cardio Dance 9:15AM-10:10AM Patricia Pilon (Group Ex)	Dance Fit 9:30AM-10:25AM Liz Carlson (Group Ex)	Yin Yoga 9:30AM-10:25AM Dennis Goldsmith (J-Fit)	Zumba® 10:00AM-10:55AM Klara Sands (Group Ex)	
Aqua Splash 10:00AM-10:45AM Tabatha Keating (Indoor Pool)	Aqua Splash 10:00AM-10:45AM Tabatha Keating (Indoor Pool)	Stroller Bootcamp NEW! 10:00AM-10:30AM Tabatha Keating (J-Fit)	Vinyasa Yoga 9:30AM-10:25AM Stephanie Greenfield (WK & Zoom)	Fit Forever Cardio & Strength NEW! 11:00AM-11:55AM Tabatha Keating (Group Ex)		
Fit Forever Cardio & Strength 11:00AM-11:55AM Tabatha Keating (Group Ex)	Zumba® 6:30PM-7:25PM Klara Sands (Group Ex)	Aqua Splash NEW! 10:00AM-10:45AM Lara Goodman (Indoor Pool)	Aqua Splash 10:00AM-10:45AM Tabatha Keating (Indoor Pool)	Senior Strength & Balance 1:00PM-1:45PM Julia Reagan (WK-R)		
Power Pump* 5:30PM-6:25PM Dennis Goldsmith (J-Fit)		Yoga 10:05AM-11:00AM Sarah McCormack (WK & Zoom)	Pilates 10:30AM-11:25AM Julia Reagan (WK)			
Pilates 5:30PM-6:25PM Brigitte Karns (Group Ex)		Senior Strength & Balance 1:00PM-1:45PM Julia Reagan (WK-R)				
DancEnergy 6:30PM-7:25PM Brigitte Karns (Group Ex)		Spinning®* NEW! 5:30PM-6:15PM Lara Goodman (Spin Studio)				
		Power Pump 5:30PM-6:25PM Dennis Goldsmith (Group Ex)				
		Pilates Sport 6:30PM-7:25PM Brigitte Karns (Group Ex)				

SCHEDULE SUBJECT TO CHANGE

KEY:

ZOOM CLASS ONLINE
IN-PERSON & ZOOM
IN-PERSON
INDOOR POOL

**Please pre-register on MotionVibe for Spinning® and the Monday Power Pump classes*

IN-PERSON CLASS LOCATIONS:
Group Exercise Studio, J-Fit Studio, Spin Studio, Weiss Kirstein, Turf by the Indoor Pool.