

4th Quarter 2011 - October, November, December

JCC of Greater Columbus Group Exercise Schedule SENIOR - FRIENDLY EXERCISE CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
SilverSneakers® classes are 45 minutes long		SilverSneakers® Muscular Strength & Range of Movement 10:15 AM Gail Group Exercise Studio	PLEASE NOTE: CLASS SIZES ARE LIMITED! ARRIVE EARLY TO SECURE YOUR SPOT!	SilverSneakers® Muscular Strength & Range of Movement 10:45 AM Gail Group Exercise Studio	Zumba Gold 10:30 - 11:15 AM Gail Group Exercise Studio		
	KINESIS - level 1 to 2* 7:30am Taralyn	SilverSneakers® YogaStretch 11am Gail Group Exercise Studio			ANNOUNCEMENTS		
	SilverSneakers® Cardio Circuit 10:45 - 11:30am Gail Group Exercise Studio	SilverSneakers® Muscular Strength & Range of Movement 1:00pm Shelley Group Exercise Studio	SilverSneakers® Cardio Circuit 10:45 AM Gail Group Exercise Studio	SilverSneakers® Muscular Strength & Range of Movement 1:00 PM Beth Group Exercise Studio	Classes with fewer than 8 participants are subject to cancellation. PLEASE ARRIVE ON TIME FOR CLASSES! SEE FITNESS DESK FOR THANKSGIVING AND CHRISTMAS/NEW YEARS CLASS SCHEDULES.		
					ALL MEMBERS may attend SilverSneakers® classes (class size limited to 30 participants)		

AQUATICS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Basic Moves 8:15am Flo	Arthritis 11:15am Linda	Basic Moves 8:15am Connie	Arthritis 11:15am Connie	Basic Moves 8:15am Connie	

QUESTIONS? Contact Beth McCullough, Fitness Director, 559-6207, bmccullough@columbusjcc.org

Classes listed without an end time are 60 minutes. Mind/Body classes \$6 for General Members.

