

February and March 2019

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|---|
| <p>All classes are 45 minutes long unless noted otherwise</p> <p>Classes with fewer than 8 participants are subject to cancellation.</p> <p>PLEASE ARRIVE ON TIME FOR CLASSES!</p> <p>ALL members may attend Silver Sneakers classes (class size limited to 30)</p> <p><i>THE NEXT TAI CHI SESSION WILL BEGIN MARCH 4. PLEASE CONTACT BETH FOR DETAILS IF YOU NEED THEM.</i></p> <p><i>Tai Chi class will be held on Mon & Thurs at 2 pm for 12 weeks. Class size is limited to 15, so please register early! Register at the Front Desk or with Beth.</i></p> | <p>SilverSneakers® Circuit (Senior Cardio Circuit) 11 - 11:45 am Gail Group Exercise</p> | <p>SilverSneakers® Classic (Senior Strength) 10:15 - 11 am Gail Group Exercise</p> | <p>SilverSneakers® Circuit (Senior Cardio Circuit) 10:45 - 11:30 am Gail Group Exercise</p> | <p>SilverSneakers® Classic (Senior Strength) 10:45 - 11:30 am Gail Group Exercise</p> | <p>Zumba Gold (Cardio Dance) 10:45 - 11:30 am Gail Group Exercise</p> |
| | <p>Zumba Gold (Cardio Dance) 1- 1:45 pm Gail Group Exercise</p> | <p>SilverSneakers® Yoga Stretch (Chair Yoga) 11 - 11:45 am Gail Group Exercise</p> | | | <p>SilverSneakers® Chair Flow Yoga (Chair Yoga) 11:45 am - 12:30 pm Stephanie Tran Group Exercise</p> |
| | | <p>SilverSneakers® Classic (Senior Strength) 1 - 1:45 pm Beth Group Exercise</p> | <p>BOOM: muscle, move it & mind 1 - 1:45 pm Karen Group Exercise</p> | <p>SilverSneakers® Classic (Senior Strength) 1 - 1:45 pm Vicki Group Exercise</p> | <p>BOOM: muscle, move it & mind 1 - 1:45 pm Karen Group Exercise</p> |
| AQUATICS CLASSES | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| <p>FOR QUESTIONS REGARDING AQUATICS CLASSES, PLEASE CONTACT Jeff Rosenblum, AQUATICS DIRECTOR AT 614-559-6213</p> | <p>Aqua Fit 8:15am Intermediate beginner</p> | <p>Hydro Power Deep 10:00 AM Intermediate</p> | <p>Water Fitness 101 8:15am Beginners</p> | <p>Hydro Power Deep 10:00 AM Intermediate</p> | <p>Water Fitness 101 8:15am Beginners</p> |
| | <p>Deep Water 101 9:30 AM All levels</p> | <p>ZenFit Shallow 11:15am</p> | <p>Deep Water 101 9:30 AM All levels</p> | <p>ZenFit Shallow 11: 15am</p> | <p>Deep Water 101 9:30 AM All levels</p> |

PLEASE SEE BACK SIDE FOR CLASS DESCRIPTIONS. CONTACT BETH MCCULLOUGH 614-559-6207 FOR QUESTIONS OR MORE INFORMATION