

August & September 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</p> <p><i>Please Note: CLASSES ARE LIMITED TO 30 PARTICIPANTS - NO EXCEPTIONS!</i></p> <p><i>Tai Chi class begins Thursday, October 3</i></p> <p><i>Cost is \$45 for 12 week session</i></p> <p><i>Please register at the Front Desk or contact Beth for more details.</i></p>	<p>SilverSneakers® Cardio (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® Cardio (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® Classic (Senior Strength) 1 - 1:45 pm Vicki Group Exercise</p>	<p>SilverSneakers® Chair Flow Yoga (Chair Yoga) 11:45 am - 12:30 pm Stephanie or Karen 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>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