



GroupFit Schedule

Effective September 8, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am Happy Monday Debi <i>Virtual</i>	9:15am Zumba Sandra JCC Exit Driveway	9am Body Blast Elizabeth <i>Virtual</i>	9:15am Zumba Sandra JCC exit driveway	9:30am Raise the Barre Debi JCC exit driveway	8am Athletic Training Eddy JCC	9am Jride Judy JCC exit driveway
9:30am Boot Camp Jenny JCC Front Lawn		9:30am Yoga Tammy JCC Front Lawn	9:30am Yoga Karen <i>Virtual</i>	9:30am Fusion Gold Colby <i>Virtual</i>	8:45am Zumba Belinda JCC	9am Pilates Shari <i>Virtual</i>
						9am Zumba Lu <i>Virtual Zoom</i>
5:30pm Power Hour Chris JCC	6pm Zumba/ Body Sculpt Alessandra <i>*starts 9/15</i>	7pm Jride Lee JCC exit driveway	6:30pm Yoga Bridget JCC Campsite			

We ask that you bring your own mat or towel to all except Zumba & Spin
Live Classes will be held at the JCC in either the exit driveway, front lawn, or campsite.

Pre- registration is required for ALL in person classes

<https://jccofcentralnewjersey.setmore.com>

All virtual classes can be found live on our JCC Fitness & Wellness Facebook Group here:

<https://www.facebook.com/groups/440145583478807/>

Recordings of all our classes except Zumba can be found on our JCC YouTube page:

https://www.youtube.com/channel/UCWFrXo9r1Rh_Dj5QVt8QxFw

There will be no classes Sept 18 – 20 in honor of Rosh Hashanah, and Sept 28 for Yom Kippur