

GROUP FITNESS

Studio

SEPTEMBER

/ TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			Muscle Hour Lolli		Full Body Workout Lolli		
8:30am	Strength for Life Michelle	Senior Strength Leanne	Barre Fitness Tracy	Senior Strength Afsi	Lower Body Barre Jacqueline	Boot Camp Karen (8:15am)	
9:00am	Aqua Fitness Bettina	 Dawn	 Bri	Aqua Fitness Michelle	Aqua Fitness Dawn	Aqua Fitness Karla/Moses	 Sheryl
9:30am	Core Assets Michelle	E.S.P. Leanne	Tabata Core Sara B	Muscle 50 Dawn	Step n' Tone Karla	 Anick	
10:30am	Barre Stretch Dawn	 Bri	Barre Stretch Dawn	 Dawn	 Erica		
11:30am	Fit 2 Move Lisa						
4:30pm		Barre Stretch Sherri			Scan to View Classes  *(Register on the app!)		
5:30pm	Shvitzology Leanne	Full Body Workout Lolli	Interval Training Karen	E.S.P. Staff			
6:30pm		 Erica	 Anick				

Group Fitness Director: Dawn LoGuercio | Contact: 505-418-4473 • DawnL@jccabq.org

Reserve your spot in class up to 48 hours in advance using the JCC app. Please note that you must be in class when it starts. Tardiness may result in the loss of your reserved spot if a waitlist is in place.

* Indicates fee-based class; must register in Member Services or at www.jccabq.org