




	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAND 	6 a.m.	Sunrise Surprise Sue 6-7		Sunrise Surprise Sue 6-7		Sunrise Surprise Sue 6-7	
	7 a.m.	Weekday Wake Up! Carol 7-7:45	 Pound Carol 7-7:45		Weekday Wake Up! Sue 7-8	Step It Up Jennifer 7:45-8:30	
	8 a.m.	 Fit Mix Terri 8:30-9:30	 Chi Ball Angie 8:30-9:30	 Fit Mix Terri 8:30-9:30	 Pound Jennifer 8:15-9	 Plyo Express Angie 8:30-9	 Pound Carol 8:30-9
	9 a.m.				 Booty Barre Christine 9:30-10:30	 Zumba Angie 9-10	 Yoga 9:15-10
	10 a.m.	 Chair Yoga Amy 10-10:45		 Yoga 10-11		 Chair Yoga Amy 10-10:45	
	11 a.m.	 Rock Steady Boxing * Amy 11-12:15	 Yoga 11-12	Parkinson's Movement Amy 11:30-12:30	 Yoga 11-12	 Rock Steady Boxing * Amy 11-12:15	
	noon	 Rock Steady Boxing * Amy 12:30-1:30	 Toning Terri 12:15-12:45	Parkinson's Movement Amy 12:45-1:45	 Toning Terri 12:15-12:45	 Rock Steady Boxing * Amy 12:30-1:30	
	1 p.m.	 Rock Steady Boxing * Amy 1:45-3		Parkinson's Movement Amy 2-3		 Rock Steady Boxing * Amy 1:45-3	
	2 p.m.			Parkinson's Movement Amy 2-3			
In Board Room	2 p.m.	Seniorcise Shirley 2:15-3		Seniorcise Shirley 2:15-3		Seniorcise Shirley 2:15-3	
	3 p.m.	 Rock Steady Boxing * Amy 3:15-4:30		Parkinson's Movement Amy 3:15-4:15		 Rock Steady Boxing * Amy 3:15-4:30	
	3 p.m.	 Yoga Jeannie 5-5:45		 Yoga Jeannie 5-5:45			
	6 p.m.	Karate Ages 7-Adult Steven Foster 6:30 p.m.			Karate Ages 7-Adult Steven Foster 6:30 p.m.		
WATER 	8:30-9:15 a.m.	AquaFit	AquaFit	AquaFit	AquaFit	AquaFit	
	1-2 p.m.	Senior Exercise Shirley		Senior Exercise Shirley		Senior Exercise Shirley	
	6-7 p.m.	AquaFit	AquaFit	AquaFit	AquaFit		
SPIN 	6 a.m.	 Spinning Carol 6:15-7	Spinning Jennifer 6:15-7	 Spinning Carol 6:15-7	Spinning Jennifer 6:15-7	 Spinning Carol 6:15-7	
	7 a.m.						 Spinning Carol 7:30-8:15
	9 a.m.	 Spinning Mary 9-9:45	 Express Spin Mary 9:30-10	 Spinning Mary 9-9:45	 Express Spin Mary 9-9:30	 Spinning Jennifer 9-9:45	
	5 p.m.		 Spinning Christine 5:15-6				

***Rock Steady Boxing Classes** - *We require all Boxers (for ROCK STEADY BOXING CLASS ONLY) to complete a one-on-one assessment with Amy prior to class participation and have a written diagnosis of Parkinson's Disease.

Karate – Additional Fee Class – Sign up at front desk

Check for class changes on our website www.jacksonvilleymca.org, Facebook and Instagram.