



Modified Group Exercise Schedule

September 28-30

Schedule subject to change

Wednesday, September 28

- 6:00 AM - Cycle with Leah | Studio C
- 6:00 AM - Yoga with Stan | Yoga Studio
- 8:30 AM - Aquafit Shallow with Janae | Peck Aquatic Center
- 9:00 AM - Zumba with Shara | Family Gym
- 9:30 AM - Body Blast with Brian | Group Exercise Patio
- 9:30 AM - Aquafit Deep with Janae | Peck Aquatic Center
- 10:00 AM - Yoga with Senta | Yoga Studio
- 5:30 PM - Kettlebell Training with Gwend | Group Exercise Patio
- 6:30 PM - Zumba with Jane | Group Exercise Patio

Thursday, September 29

- 6:00 AM - Cycle with Leah | Studio C
- 8:30 AM - Yoga with Steve | Yoga Studio
- 8:30 AM - Aquafit Shallow with JoAnn | Peck Aquatic Center
- 9:15 AM - Core Fit with Terri | via Zoom (email adenton@jccmilwaukee.org for link to join)
- 9:30 AM - Splash with JoAnn | Peck Aquatic Center
- 10:00 AM - Barre with Kristal | Yoga Studio

Friday, September 30

- 5:45 AM - Bootcamp with Sarah | Group Exercise Patio
- 6:00 AM - Cycle with Frazer | Studio C
- 9:30 AM - Kettlebell Training with Gwend | Family Gym
- 8:30 AM - PiYo with Kaye | Yoga Studio
- 8:30 AM - Aquafit Shallow with Janae | Peck Aquatic Center
- 9:30 AM - Aquafit Deep with Janae | Peck Aquatic Center
- 11:00 AM - Nia | Group Exercise Patio

Use the West Entrance (Marcus Pavilion) to access classes held in the Family Gym or on the Group Exercise patio. Please note that some of our classes held in the Family Gym may have lower capacity limits. Group Exercise classes are for JCC Members only.