

GROUP EXERCISE

COMPLIMENTARY FOR JCC MEMBERS

Find current Group Exercise schedules online jccmilwaukee.org/schedules

Adults 14 and up

Classes are usually 55min unless otherwise noted. If you would like to receive emails regarding updated group fitness schedules and class changes please email Ally Koller, Akoller@jccmilwaukee.org.

This schedule effective through end of September.

Visit jccmilwaukee.org/schedules for updated information throughout the fall.



MONDAY

| | |
|---------|-------------------|
| 5:30 AM | Turbo Circuit |
| 5:30 | Indoor Cycling |
| 8:00 | Fitness Intervals |
| 8:30 | Aquafit-Shallow |
| 8:55* | Butts n Guts |
| 9:15 | Indoor Cycling |
| 9:30 | Insanity |
| 9:30 | Zumba |
| 9:30* | Aquafit-Deep |
| 9:45 | Fit 'n' Fun |
| 10:45 | Nia |
| 5:00 PM | Indoor Cycling |
| 6:00 | Zumba |
| 6:00 | Boot Camp |
| 7:15 | Yoga-Level 1 |

Location

| | |
|----------|---|
| Kasey | A |
| Margaret | C |
| Patty | A |
| Janae | P |
| Patty | A |
| Terri | C |
| Marcela | G |
| Shara | B |
| Janae | P |
| Patty | A |
| Dori | A |
| Jack | C |
| Marcela | B |
| Stefanie | A |
| Kurt | A |

THURSDAY

| | |
|---------|--------------------|
| 5:30 AM | Indoor Cycling |
| 6:00 | Boot Camp |
| 8:00 | Zen Fit |
| 8:30* | Yoga-Level 2 |
| 8:30 | Aquafit-Shallow |
| 8:30 | Insanity |
| 9:00 | Fit 'n' Fun |
| 9:15* | Core Fit + Stretch |
| 10:00 | Yoga Flex |
| 10:00 | Chair Yoga |
| 10:15* | Splash |
| 6:00 PM | Jump/HIIT |
| 6:30 | Yoga Level 1 |

Location

| | |
|----------|---|
| Margaret | C |
| Ally | A |
| Kurt | A |
| Sue | Y |
| Jo Ann | P |
| Marcela | G |
| Katie | B |
| Terri | A |
| Kurt | Y |
| Sue | B |
| Jo Ann | P |
| Kasey | A |
| Sue | Y |

FRIDAY

| | |
|---------|-------------------|
| 5:45 AM | Jump/HIIT |
| 6:00 | Indoor Cycling |
| 8:00 | Fitness Intervals |
| 8:30 | Aquafit-Shallow |
| 8:55* | Butts n Guts |
| 9:15 | Indoor Cycling |
| 9:30 | Aquafit-Deep |
| 9:30 | Revolve |
| 9:30 | Zumba |
| 10:45 | Nia |

Location

| | |
|---------|---|
| Kasey | A |
| Frazer | C |
| Katie | A |
| Janae | P |
| Kirsten | B |
| Lisa | C |
| Janae | P |
| Kirsten | B |
| Kaye | A |
| Dori | A |

TUESDAY

| | |
|---------|-----------------|
| 6:00 AM | Indoor Cycling |
| 8:00 | Boxing |
| 8:00 | Core Fit |
| 8:30* | Yoga-Level 2 |
| 8:30 | Aquafit-Shallow |
| 9:15* | T.B.C. |
| 5:00 PM | Indoor Cycling |
| 6:00 | Step Plus! |

Location

| | |
|----------|---|
| Joanne | C |
| Stan | B |
| Terri | A |
| Steve | Y |
| Carolyn | P |
| Terri | A |
| Michelle | C |
| Jane | A |

WEDNESDAY

| | |
|---------|-----------------|
| 5:30 AM | Yoga-Level 1 |
| 7:15 | Indoor Cycling |
| 8:00 | Fitness Fusion |
| 8:30 | Aquafit-Shallow |
| 8:55* | Butts n Guts |
| 9:15 | Indoor Cycling |
| 9:30 | Mindful Yoga |
| 9:30 | Body Blast |
| 9:30 | Zumba |
| 9:30 | Fit 'n' Fun |
| 6:00 PM | Indoor Cycling |
| 6:00 | Zumba |
| 6:00 | Revolve |

Location

| | |
|------------|---|
| Stan | Y |
| Kevin | C |
| Patty | A |
| Sandy | P |
| Patty | A |
| Terri | C |
| Jamie Lynn | Y |
| Marcela | G |
| Shara | B |
| Kirsten | A |
| Angela | C |
| Jane | B |
| Gwen | A |

SATURDAY

| | |
|---------|--------------|
| 8:10 AM | Step Plus! |
| 8:30 | Yoga Level 1 |
| 9:15 | Body Blast |

Location

| | |
|-------|---|
| Jane | A |
| Susie | B |
| Ally | A |

SUNDAY

| | |
|---------|---------------------|
| 8:10 AM | Step Plus! |
| 9:00 | Indoor Cycling |
| 9:15* | T.B.C. (Women Only) |
| 10:00 | Mixed Level Yoga |
| 10:15 | Zumba |

Location

| | |
|----------|---|
| Rotation | A |
| Rotation | C |
| Terri | B |
| Vlada | Y |
| Jane | A |

*30min class

LOCATION KEY

| | |
|--------------------------------|----------------------|
| A Studio A | P Peck Pool |
| B Studio B | WP Water Park |
| C Indoor Cycling Studio | Y Yoga Studio |
| G Marcus Gym | |

Hourly Childcare

A Member-Value Program
Ages 6 weeks–9 years

Providing you the flexibility you need to enjoy the JCC – whether it's a class, personal training, or just have some 'me' time – Hourly Childcare is an affordable and convenient option available for children from 6 weeks to 9 years old.

HOURS OF OPERATION

Mon-Fri: 7:45 AM-1:00 PM

Sat-Sun: 8:00 AM-Noon

Hourly Childcare is available for up to 2 hours per day

USAGE AND RESERVATIONS

Two hour maximum, per child, per day. Reservations are required for infants ages 6 weeks-18 months, and must be scheduled at least 24 hours in advance. No reservation is necessary for any child over 18 months old. Reservations can be made at 414-967-8171 or hchildcare@jccmilwaukee.org.

RATES PER CHILD: \$3.00 / hour



Harry & Rose Samson Family
JEWISH COMMUNITY CENTER
Hourly Childcare