

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
8:00 - 8:45 AM Tabata (Z) Joanna Graber	5:30 - 6:15 AM Tabata (Z) Joanna Graber	5:30 - 6:30 AM Indoor Cycling Peter / Sowmya	5:30 - 6:15 AM Tabata (Z) Joanna Graber	8:00 - 8:45 AM Tabata (Z) Joanna Graber	8:00 - 9:00 AM TRX Kathy Bennett	(Z) = Zoom class
9:00 - 10:00 AM Aqua Zumba Haley Dennison	9:00 - 10:00 AM Aqua Fitness Susan Lamontagne	8:00 - 8:45 AM Tabata (Z) Shannon Aridgides	8:30 - 9:30 AM Indoor Cycling Jenn Bowen	9:00 - 10:00 AM Aqua Fitness Joanna Graber	8:30 - 9:30 AM (7/10, 7/17) Zumba Jolin Kish	Indoor Cycling
9:00 - 10:00 AM Indoor Cycling Adrienne Pelton	9:00 - 9:45 AM Fit & Strong (Z) Frances Espie	9:00 - 10:00 AM Core Pilates (Z) Frances Espie	9:00 - 10:00 AM Aqua Fitness Jenny Sielicki	10:00 - 11:00 AM Gentle Yoga (Z) Jenny Sielicki	8:30 - 9:30 AM (7/24, 7/31) Cardio Step (Z) Joanna Graber	Outdoors
10:30 - 11:30 AM Gentle Yoga (Z) Connie Ciulla	10:00 - 10:45 AM Barreless Barre (Z) Denise Breedlove	12:00 - 1:00 PM Indoor Cycling Mavis Murray	10:00 - 10:45 AM Fit & Strong (Z) Sara Lamie	12:00 - 1:00 PM Indoor Cycling Adrienne Pelton		Other
12:00 - 12:45 PM Total Body Sara Lamie	4:30 - 5:15 PM Total Body (Z) Anna Dulac	4:30 - 5:15 PM PiYo Liza Fredrickson	12:00 - 12:45 PM Barreless Barre (Z) Denise Breedlove			Aquatics
4:30 - 5:15 PM Core Pilates (Z) Frances Espie	5:00 - 6:00 PM Virtual Zumba (Z) Jolin Kish	5:15 - 6:15 PM Virtual Zumba (Z) Jolin Kish	4:30 - 5:15 PM Turbo Kick Natalie Kocurek			Virtual-Only
5:30 - 6:15 PM Cardio Step (Z) Joanna Graber	5:30 - 6:30 PM TRX Kathy Bennett	5:30 - 6:15 PM Total Body (Z) Denise Breedlove	5:00 - 6:00 PM Virtual Zumba (Z) Jolin Kish			

- All classes are included with membership.
- Non-members can attend classes with a \$15 day pass (must be 18+ years old).
- **Reservations are required for onsite class.** Reserve your spot via our mobile app, website, or at our Welcome Desk.
- 9th grade and up can attend classes.
- **Questions?** Contact joanna.graber@joinccba.org