















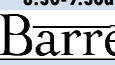



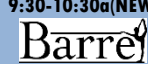




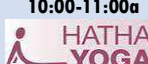


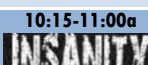
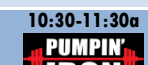













MARGATE KATZ JCC GROUP EXERCISE SCHEDULE (effective APRIL 4, 2016 through June 5, 2016)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00a SCHWINN INDOOR CYCLING SINDY	6:00-7:00a SCHWINN INDOOR CYCLING TONYA	6:00-7:00a SCHWINN INDOOR CYCLING SINDY	6:00-7:00a SCHWINN INDOOR CYCLING DEB M.	6:00-7:00 SCHWINN INDOOR CYCLING STEVE	7:15-8:15a SCHWINN INDOOR CYCLING Cheryll	
7:00-7:45a  LISA G. -Group X Studio	6:00-6:45a  EILEEN-Group X Studio	7:00-7:45a  ARLIN Group X Studio	6:00-6:45a  EILEEN-Group X Studio	7:00-7:45a  ARLIN-Group X Studio	7:00-7:45a  ANTHONY-Group X Studio	
	8:00-9:00a LIGHT COMBO DEB M. Group X Studio	8:00-8:45a Hi/Lo H.I.I.T. LISA G. Group X Studio	7:15-8:15a  DEB M.-Group X Studio*	8:30-9:30a TOTAL BODY LISA B.-Group X Studio	8:00-8:50a  DONNA I.-Group X Studio*	8:15-9:15a(NEW)  LUIS-Group X Studio
8:00-9:00a  JANET 2nd floor M/B Studio	8:15-9:15a SCHWINN INDOOR CYCLING ANTOINETTE	8:15-9:15a SCHWINN INDOOR CYCLING DEBBIE W.	8:15-9:15a SCHWINN INDOOR CYCLING ANTOINETTE		8:30-9:15a (FEE)  Cheryll-Fitness HALLWAY	8:15-9:15a  Ruthann-2nd Floor Studio
8:30-9:30a CORE CAMP SANDY-Group X Studio	8:30-9:30a YOGALATES Level II/III SINDY 2nd floor MB Studio	8:30-9:30a  Aline-2nd Floor MB Studio	8:30-9:30a STRETCH & FLEX YOGA Kelly 2nd floor M/B Studio	8:30-9:30a VinyasaYOGA BERNADETTE 2nd Floor M/B Studio	8:30-9:30a VinyasaYOGA BERNADETTE 2nd Floor M/B Studio	8:30-9:30a SCHWINN INDOOR CYCLING STEVE
9:30-10:30a  ANTOINETTE-Group X Studio*	9:30-10:30a  Jenny-Group X Studio	9:00-10:00a  GREG -Group X Studio	8:30-9:30a  SINDY-Group X Studio	9:30-10:30a  VANESSA-Group X Studio	9:00-10:00a  LUIS-Group X Studio	9:30-10:30a  LAWRENCE-Group X Studio
9:30-10:30a SCHWINN INDOOR CYCLING DEB W.	9:30-10:30a SCHWINN INDOOR CYCLING STEVE	9:30-10:30a SCHWINN INDOOR CYCLING ANTOINETTE	9:30-10:30a SCHWINN INDOOR CYCLING	9:30-10:30a SCHWINN INDOOR CYCLING LISA B.	9:30-10:30a SCHWINN INDOOR CYCLING SINDY	9:30-10:30a(NEW)  Vanessa-Fitness HALLWAY
	10:00-11:00a  LAWRENCE-Gymnasium	10:00-10:45a  REMY-Group X Studio*	9:30-10:30a  LAWRENCE-Group X Studio	NEW CLASS! 10:45-11:45a Mindfulness Stretch Cheryll-2nd Floor M/B Studio	10:00-11:00a  w/PROPS Kelly-2nd Floor M/B Studio	10:00-11:00a  MERYL-2nd floor MB Studio
10:45-11:30a ACTIVE ADULT MARYANN-Group X Studio	10:45-11:45a MOVEIT-1 MARYANN-Group X Studio	10:00-10:45a  REMY-Group X Studio*	9:45-10:45a CHI KUNG ROSE-2nd floor M/B	10:45-11:15a  REMY-Group X Studio	10:15-11:00a  ANTHONY-Group X Studio	10:30-11:30a  DONNA I-Group X Studio
		10:15-11:00a (FEE)  Cheryll-Fitness HALLWAY	10:45-11:45a MOVEIT-1 MARYANN-Group X Studio			
11:00a-12:00p  RUTHANN-2nd Floor MB Studio	12:00-12:30p  REMY-Group X Studio	10:30-11:30a  & More JANET-2nd Floor MB Studio	11:00a-12:00p  & More REMY-2nd Floor MB Studio	12:00-1:00p (FEE) JON SIMON BOXING*		
4:45-5:45p  Kelly-Fitness HALLWAY		4:45-5:45p  Kelly-Fitness HALLWAY				
5:45-6:15p  EILEEN-Group X Studio		5:45-6:30p  Donna I.-Group X Studio	5:45-6:30p  ANTHONY-Group X Studio			
	6:15-7:15p SCHWINN INDOOR CYCLING DONNA B.	6:00-6:45p SCHWINN INDOOR CYCLING EILEEN				
NEW TIME! 6:30-7:30p Vinyasa YOGA LEVEL 1/2 Rachael-2nd Floor MB Studio	NEW TIME! 6:30-7:30p Vinyasa YOGA LEVEL 1/2 VAL-2nd Floor MB Studio 7:00-8:00p (FEE) JON SIMON BOXING*	NEW CLASS & TIME! 6:30-7:30p Vinyasa YOGA LEVEL 1/2 Patti-2nd Floor MB Studio	6:00-7:00p  JANET-2nd Floor MB Studio 7:00-8:00p (FEE) JON SIMON BOXING*			




6 session package \$50/ Single \$10
Purchase at front desk.
CONTACT Antoinette Wood to schedule a session.
awood@jccatlantic.org or 822-1167, ext. 116

*** JON SIMON BOXING**
classes are FEE-BASED:
\$10 member/\$15 non-member
(please pay at front desk before class begins)

FACILITY HOURS:
Monday-Thursday 5:30a-10:00p
Friday: 5:30a-6:00p
Saturday – Sunday: 7:00a-5:00p

BABYSITTING HOURS:
Monday-Friday 8:30a-12:00noon

 **INDOOR CYCLING CLASSES REQUIRE PHONE-IN RESERVATIONS- CALL 609.822.1167, ext. 0. TWO (2) hours prior to any indoor cycling class. *Pumpin' IRON-IN-PERSON RESERVATION REQUIRED 15 MIN BEFORE CLASS (sign in sheet located in group x studio) In SUMMER ONLY. PLEASE do not call front desk to reserve spot.** For safety reasons, no admittance 5 minutes after Pumpin' Iron class begins. All other classes are available on a first come, first serve basis. CLASS SCHEDULE SUBJECT TO CHANGE. All other classes on this schedule are included with JCC Membership. Please direct any and all group exercise comments or questions to Antoinette Wood, Group Exercise Director at, 822-1167, ext. 116 or email awood@jccatlantic.org.
Visit us at www.jccatlantic.org. **PLEASE BRING YOUR OWN MAT TO CLASS.**