

# JCC Group Fitness Holiday Schedule - December 20<sup>th</sup> 2010 - Jan 3<sup>rd</sup> 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 10:30pm	6:15am - 10:30pm	6:15am - 10:30pm	6:15am - 10:30pm	6:15am - 3:30pm	<b>Closed</b>	<u>Holiday Hours</u> 10:00am-6:00pm
<b>20</b>  9:15am Cardio Sculpt <i>-Rita</i> 10:25am Srs FunFit <i>-Rita</i> 11:45am JointWorks <i>-Melanie (MPR)</i> 6:15pm Step & Sculpt <i>-Majka</i> 6:45pm Gentle Yoga <i>-Angie (MPR)</i>	<b>21</b>  9:15am Step&Core <i>-Talitha</i> 10:30am Gentle Yoga <i>-Karen (MPR)</i> 6:15pm Boot Camp <i>-Rita (75min)</i>	<b>22</b>  6:45am BootCamp <i>-Alexei</i> 9:15am Cardio&Sculpt <i>-Hector</i> 9:15am Circuit* <i>-Shawn (FC)</i> 10:25am Srs FunFit <i>-Kathy</i> 11:45am JointWorks <i>-Melanie (MPR)</i> 6:45pm Inter. Yoga <i>-Hisae (MPR)</i>	<b>23</b>  9:15am Groove <i>-David</i> 10:30am Gentle Yoga <i>-David (MPR)</i>	<b>24</b>  9:15am F.I.T <i>-Rocio</i> 10:25am Srs FunFit <i>-Rocio</i> 10:30am Yoga <i>-Karen (MPR)</i>	<b>25</b>  ★ ★  ★ 	<b>26</b>  10:10am AB Attack <i>-David</i> 10:30am Salsa Sculpt <i>-David</i> 10:35 Int-Adv Yoga <i>-Angie (MPR)</i>
<u>Holiday Hours</u> 10:00am - 6:00pm	6:15am - 10:30pm	6:15am - 10:30pm	6:15am - 10:30pm	<u>New Years Eve</u> 6:15am - 3:30pm	<u>New Years Day</u> 2:00pm-7:00pm	9:00am- 9:00pm
<b>27</b>  10:15 Cardio Sculpt 11:15 Stretch (30min) <i>-David</i>	<b>28</b>  9:15am Step & Core <i>-Rocio</i> 10:30am Gentle Yoga <i>-Karen (MPR)</i> 6:15pm Boot Camp <i>-Vivianne (75min)</i>	<b>29</b>  6:45am BootCamp <i>-Alexei</i> 9:15am Cardio&Sculpt <i>-Hector</i> 9:15am Circuit* <i>-Meghan (FC)</i> 10:25am Srs FunFit <i>-Rita</i> 11:45am JointWorks <i>-Melanie (MPR)</i> 6:45pm Inter. Yoga <i>-Hisae (MPR)</i>	<b>30</b>  9:15 Groove <i>-David</i> 10:30am Gentle Yoga <i>-David (MPR)</i>	<b>31</b>  9:15am F.I.T <i>-Rocio</i> 10:25am Srs FunFit <i>-Rocio</i> 10:30am Yoga <i>-Karen (MPR)</i>	<b>1</b>  4:00 Boot Camp <i>-Alexei</i>	<b>2</b>  10:10am AB Attack <i>-David</i> 10:30 Salsa Sculpt <i>-David</i> 10:35 Int-Adv Yoga <i>-Angie (MPR)</i>
<u>Holiday Hours</u> 10:00am - 6:00pm	6:15am - 10:30pm	<b><u>Instructor &amp; schedule subject to change:</u></b> Changes will be posted on board outside the Fitness Centre (when possible). Unless stated all group fitness classes will take place in the upstairs studio. MPR= Multi Purpose Room (lower dance studio). * Circuit held in Fitness Centre, sign-up day of in Fitness Centre. See program guide for Winter Schedule. January 4 <sup>th</sup> - March 31 <sup>st</sup> , 2011.				
<b>3</b>  10:15 Cardio Sculpt 11:15 Stretch (30min) <i>-Rita</i>	<b>4</b>  Regular classes and hours resume...					