

Group X Weekly Class Schedule

MONDAY			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
5:45-6:45 am	Sunrise Cycle	Poolside	David
7:30-8:20 am	Cycle	Spin Room	Shelley
8:30-9:20 am	Mat Pilates	Large Studio	Leslie
9-10 am	Water Aerobics	Aquatics Ctr	Jennifer
9:30-10:20 am	Cycle	Spin Room	Brooke
9:30-10 am	*Cardio Blast	Large Studio	Carolyn
10-10:30 am	*Body Blitz	Large Studio	Carolyn
10:30-11:30 am	MELT	Conf. Rm A & B	Marijane
10:35-11:45 am	Vinyasa Flow Yoga	Large Studio	Heidi
12 noon-1 p.m.	Cardio Kickboxing	Large Studio	Rashmi
5-5:50 pm	Cycle	Spin Room	Meredith
5:30-6 pm	*Cardio Blast	Large Studio	Maggie
6-6:30 pm	*Body Blitz	Large Studio	Maggie
6:30-7:20 pm	Adv. Pilates	Large Studio	Leslie
6:30-7:20 pm	Cycle	Spin Room	Amy
7:20-7:40 pm	Stretch	Large Studio	Leslie

THURSDAY			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
7:30-8:20 am	Cycle	Spin Room	Catie
8:30-9:20 am	Burn and Firm	Large Studio	Shana
9-10 am	Low Impact Water Aerobics	Aquatics Ctr	Jennifer
9:30-10:20 am	Cycle	Spin Room	Brooke
9:30-10:20 am	Zumba®	Large Studio	Janel
10:30-11:20 am	Stretch, Flex and Balance	Large Studio	Heidi
4:30-5:20 pm	Cycle	Spin Room	Shana
5:30-6 pm	*Body Blitz	Large Studio	Tina
6-6:30 pm	*Ab Lab	Large Studio	Tina
6:35-7:25 pm	Burn & Firm	Large Studio	Samantha
7:30-8:30 pm	Vinyasa Flow Yoga	Large Studio	Nicole

TUESDAY			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
7:30-8:20 am	Cycle	Spin Room	Catie
8:30-9:20 am	Burn and Firm	Large Studio	Andi
9:30-10:20 am	Cycle	Spin Room	Brooke
9:30-10:20 am	Zumba®	Large Studio	Janel
9:30-10:30 am	Aqua Fitness	Aquatics Center	Bethany
10:30-11:20 am	Stretch, Flex and Balance	Large Studio	Heidi
4:30-5:20 pm	Cycle	Spin Room	Brooke
5:30-6 pm	*Body Blitz	Large Studio	Margot
6-6:30 pm	*Ab Lab	Large Studio	Margot
6:35-7:20 pm	Cardio Kickboxing	Large Studio	Melissa
7:30-8:30 pm	Vinyasa Flow Yoga	Large Studio	Nicole

FRIDAY			
Fitness Center Hours: 5 a.m.-5 p.m. Childcare: 8 a.m.-noon			
Time	Class Name	Location	Instructor
6-6:50 am	Sunrise Cycle	Poolside	Randy
8:30-9:20 am	Zumba®	Large Studio	Joanne
9-10 am	Gentle Yoga	Senior Ctr	Ell
9-10 am	Water Pilates	Aquatics Ctr	Jennifer
9:30-10:20 am	Cycle	Spin Room	Rohaya/ Shelley
9:30-10 am	*Cardio Kickbox	Large Studio	Brooke
10-10:30 am	*JBarre	Large Studio	Brooke
10:30-11:20 am	Pilates Fusion	Large Studio	Andi
12 noon-12:30 pm	*Cardio Blast	Large Studio	Maggie
12:30-1 pm	*Body Blitz	Large Studio	Maggie
4-4:50 pm	Cycle	Spin Room	Sarah

WEDNESDAY			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
5:45-6:45 am	Sunrise Cycle	Poolside	David
8:30-9:20 am	Mat Pilates	Large Studio	Marijane
9-10 am	Gentle Yoga	Senior Center	Ell
9:30-10:20 am	Cycle	Spin Room	Rohaya
9:30-10 am	*Cardio Kickbox	Large Studio	Brooke
10-10:30 am	*JBarre	Large Studio	Brooke
10:35-11:30 am	Svaroop/ Vinyasa Yoga	Large Studio	Lisa
10:45-11:45 am	Aqua Fitness	Aquatics Ctr	Lynelle
12 noon-1 p.m.	Pilates Fusion	Large Studio	Whitney
4:30-5:20 pm	Burn & Firm	Large Studio	Samantha
5:30-6:25 pm	Cycle	Spin Room	Randy
6-6:30 pm	*Body Blitz	Large Studio	Maggie
5:30-6 pm	*Cardio Blast	Large Studio	Maggie
6:35-7:20 pm	Adv. Pilates	Large Studio	Leslie
6:30-7:20 pm	Cycle	Spin Room	Whitney

SATURDAY			
Fitness Center Hours: 7:45 a.m.-5 p.m. Childcare: 7:45 a.m.-noon			
Time	Class Name	Location	Instructor
8:30-9 am	*Cardio Kickbox	Large Studio	Carolyn
8:30-9:20 am	Cycle	Spin Room	Brooke
9-9:30 am	*Body Blitz	Large Studio	Carolyn
9:30-10:20 am	Cycle	Spin Room	Randy
9:35-10:20 am	Vinyasa Flow Yoga	Large Studio	Carolyn

SUNDAY			
Fitness Center Hours: 7:45 a.m.-6 p.m. Childcare: 7:45 a.m.-12:30 p.m.			
Time	Class Name	Location	Instructor
8-8:50 am	Cycle	Spin Room	Catie
9-9:30 am	*Body Blitz	Large Studio	Tina
9-9:50 am	Cycle	Spin Room	Shana
9:30-10:00 am	*Ab Lab	Large Studio	Tina
10:10-11:30 am	Yoga	Large Studio	Dorothy
11:30 am-12:30 pm	Zumba®	Large Studio	Joanne

*Half hour options – Mix & Match to create your own Power Hour!
Subject to change without notice.

**Information: call the Fitness Desk
(949) 435-3400 ext. 283, or visit www.jccoc.org
Merage Jewish Community Center of Orange County**