

FITness



Group X Showcase

Come sample our new schedule and meet some of our new instructors

Sunday, July 17, 8-12:30

Studio Classes:

- 8 a.m. Body Blitz
- 8:30 a.m. Cardioblast
- 9 a.m. Athletic X
- 9:30 a.m. FitJAM
- 10 a.m. Ab Lab
- 10:30 a.m. Stretch, Flex, Balance
- 11:30 a.m. Zumba®

Conference Room A:

- 9 a.m. MELT Method Workshop
- 10:10 a.m. Yoga

Gymnasium:

- 10 a.m. TRX Workshop
- 10:30 a.m. TRX Workshop
- 11 a.m. TRX Workshop

Spinning Classes in the Spin Room:

- 8 a.m., 8:30 a.m. 9 a.m.,
9:30 a.m., 10 a.m., 10:30 a.m.



For more information call the JCC Fitness Desk at (949) 435-3400 ext. 283, or visit www.jccoc.org

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