

# JPH GROUP EXERCISE CLASSES



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30		GENTLE YOGA JENNIFER		A.M. SCULPT W/YOGA JENNIFER			
8:15 - 9:00	CLICLE UP GINA		CLICLE UP GINA	CARDIO DANCE MARTHA	CARDIO DANCE MARTHA		
9:00 - 10:00	Z-WORKOUT TAMEE	BODY SCULPTING JUDY	STEP INTERVAL CORE STEVE	GENTLE YOGA, PILATES DIPA	STEP INTERVAL JUDY		
10:00 - 11:00	AQUA TONING JUDY	AQUA ZUMBA TAMEE	AQUA AEROBICS TONING JUDY	AQUA ZUMBA TAMEE	AQUA AEROBICS TONING LEQUITA		
12:00 - 1:00	WEIGHT AND SEE JEANETTE	LUNCH AND CRUNCH GABE	THE GREAT WEIGHT WORKOUT JEANETTE	LUNCH CRUNCH GABE	BODY SCULPTING JEANETTE / DELIA		
4:30 - 5:30	CARDIO STRENGTH INTERVAL CATHY	STEP INTERVAL CORE STEVE	YOGA DIPA	PUMP IT UP CARDIO STEP CATHY			
5:30 - 6:30	ZUMBA JESSI	ZUMBA JESSI	CARDIO DANCE MARTHA	CARDIO DANCE MARTHA	ZUMBA CONNIE / NILDA		
6:30 - 7:30	YOGA DIPA	CYCLE UP GINA	CYCLE UP GINA	CYCLE UP GINA			
8:00 - 9:00	MMA FIT	MMA FIT	MMA FIT	MMA FIT	MMA FIT W SCOOBY		