

# HBG J Group Fitness Schedule

## Winter 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin 6:15am	Suspension Training* 6:30am	Spin 6:15am		Spin 6:15am	Body Pump 9am
	Pilates 9am		Pilates 9am	Suspension Training* 6:30am	
Yoga with Marlene 9:45am	SilverSneakers Classic 9:30am		SilverSneakers Classic 9:30am		
Low Impact Cardio 10:30am		SilverSneakers Boom 10:30am	Zumba Gold 11am		<b>SUNDAY</b>
SilverSneakers YogaStretch 11:45am		SilverSneakers YogaStretch 11:45am		Boot Camp 12:15pm	Spin 9am
			Zumba 12pm		Group Interval Training* 10am
Body Pump 12pm		Boot Camp 12:15pm	Suspension Training* 1pm		
Spin 4:30pm		Spin 4:30pm			
Yoga 5:30pm	Body Pump 5:15pm	Yoga 5:30pm	Gentle Yoga 5pm		
Spin 5:45pm	Boot Camp 5:30pm	Spin 5:45pm	Body Pump 5:15pm	Spin 4pm	
Pound 530pm	Spin 6pm	Group Interval* 6pm	Group Interval Training* 6:30pm		

Room

Key:

Fitness Center— Basement Level	Gymnasium 1st Floor	Group Fitness Studio Basement Level	Spin Studio 1st Floor	Auditorium 1st Floor	Spector 1st Floor
-----------------------------------	------------------------	---	--------------------------	-------------------------	----------------------

Group classes

in your membership unless marked with an\*

To receive emails about class changes and pool updates please email [sfr@jewishfedhbg.org](mailto:sfr@jewishfedhbg.org)

**Suspension Training and Group Interval Training are offered for a small fee and require advance registration.**

**For more information or to register contact Terri at [t.travers@jewishfedhbg.org](mailto:t.travers@jewishfedhbg.org)**

are included