




Parks and Recreation

October 2019 Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.			InMotion/ Low Impact Laura L.		InMotion/ Low Impact Laura L.	
7 a.m.	Vinyasa Yoga Grace	TRX Circuits Lora			Sunrise Cycle 45 min Bambi	
8 a.m.	P90x Robbie	Pilates with Props Gail	Yoga Asha	Good Morning! Yoga Pat	Strength & Core Judy	
9 a.m.	Cardio Kickboxing Emily	Zumba Sarah	Cardio Interval Carey	Zumba Felix	Cardio Hip Hop Emily	Zumba Lindsey
	Cycling 60 min/Carey	Cycling 45 min/Carey	Cycling Bambi	Cycle & Arms Bambi		Cycle60 Julie/Bambi
10 a.m.	Gentle Yoga Community Room	*Kettlebell Fusion Gail Gym <i>(no class 10/22 & 10/29)</i>		*Kettlebell Fusion Gail Gym <i>(no class 10/24 & 10/31)</i>		
	Stretch & Sculpt Carey	Strength Training Carey	Stretch & Sculpt Carey	Strength Training Felix	Gentle Yoga	Fusion Fitness Julie/Bambi
11 a.m.	SilverSneakers® Classic Bambi (11:30 a.m.)	Chair Fitness Gail	SilverSneakers® BOOM Move It Gail (11:30 a.m.)	Chair Fitness Gail	SilverSneakers® BOOM Move It Jill (11:30 a.m.)	Align & Flow Yoga (all levels) Laura S.
12 p.m.	SilverSneakers® Circuit Bambi (12:30 p.m.)	SilverSneakers® BOOM Mind Gail	SilverSneakers® Yoga Gail (12:30 p.m.)	SilverSneakers® BOOM Muscle Gail	SilverSneakers® Classic Gail (12:30 p.m.)	
1 p.m.		SilverSneakers® Stability & Balance Gail	SilverSneakers® Classic Bambi (1:30 p.m.)	SilverSneakers® BOOM Mind Gail	SilverSneakers® Stability & Balance Gail (1:30 p.m.)	
2 p.m.		Intro to Tai Chi Michael		Intermediate Tai Chi Michael		

(additional classes are listed on back side)

All classes are 50 minutes unless specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
4 p.m.	Yin Yoga Christine		Restore & Flow Yoga Grace			Candlelight Yoga Teresa SUNDAY
4:30 p.m.		Balanced Body Pilates Laura S.		Balanced Body Pilates Laura S.		
5 p.m.	Barre Express Christine (45 min)					
5:30 p.m.		TRX Circuit Julie		Body Sculpt Bambi		
6 p.m.	Zumba Bess/Beth		Zumba Felix		NEW CLASS! 10/25 ONLY Family Zumba (Ages 5+) Beth	
6:30 p.m.		NEW CLASS! Indoor Spin Julie		NEW CLASS! Cycling Bambi		
7 p.m.	Cycle & Core Tina		Cycle & Core Tina			

***Previous Kettlebell experience required.**

****Extra fee based class.**

Cycling classes - First time cycling please arrive 5 min before class for proper set-up.

Row/Spin class cards will be available at the Front Desk 1 hr before each class.

Maximum of 11 per class for spin, 6 per class for rowing.

TRX Suspension Training classes – maximum of 8 per class.

Recreation Center Phone # 757-259-4200

For access to land and aquatic fitness classes you'll need to purchase a Group Fitness Pass, 10 Tab or Combo Pass from the Front Desk:

- **\$55; \$50** for JC/W residents - one month unlimited- **with no facility pass**
- **\$30** a month for unlimited classes – 1, 3, 6 or 12 month facility pass holder Excluding daily access passes
- **\$60; \$55** for JC/W residents - 10-tab wristband / no expiration date (10 classes), no facility pass required

Abram Frink Jr. Community Center Classes

4:30 p.m.	SilverSneakers® Classic Mondays & Wednesdays Sonya	6:30 p.m.	Zumba (AFCC Wristband Required) Tuesdays & Thursdays Melanie
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****James City County Recreation Center (JCCRC) wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are posted online and are posted by the dance studio. For the complete description of all land and aquatic class offerings, please visit jamescitycountyva.gov/842/fitness-aerobics.**