


GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am, 7:30 am, AND 8:45 am STRENGTH & CARDIO CONDITIONING with Abby & Erika *Pivot Wellness fees apply*		6:15, 7:30, AND 8:45 am STRENGTH & CARDIO CONDITIONING with Abby & Erika *Pivot Wellness fees apply*		6:15, 7:30, AND 8:45 am STRENGTH & CARDIO CONDITIONING with Abby & Erika *Pivot Wellness fees apply*
10:00 am SENIOR MAT CLASSIC with Andrea		10:00 am ENERCHI With Andrea		10:00 am SENIOR MAT CLASSIC with Andrea
11:00 am SENIOR CLASSIC With Andrea		11:00 am SENIOR CLASSIC With Andrea	11:00 am FLOW YOGA With Emily	11:00 am SENIOR CLASSIC With Andrea
12:00 pm POWER YOGA With Emily	12:00 pm DANCE CARDIO With Harlee		12:00 pm POWER YOGA With Emily	12:00 pm ZUMBA With Harlee
1:00 pm YOGA STRETCH With Emily	1:00 pm PILATES FUSION With Harlee		4:00 pm ZUMBA With Harlee	
7:00 pm ISRAELI DANCE With Debbie			5:00 pm BARRE With Harlee	
<div> <div> \$0 COST PER CLASS WITH A JCC MEMBERSHIP!! *Pivot Wellness fees through Abby and Erika. </div> <div> \$10 COST PER CLASS W/O A JCC MEMBERSHIP (\$7 Israeli Dance) </div> <div> Pickleball Tuesdays 6 pm-9pm In Gymnasium </div> <div> Fitness Center Hours: Monday-Thursday 6:00 am to 9:00 pm Friday 6:00am- 6:00pm Saturday & Sunday 8:00 am-5:00 pm </div> <div> Pool Closed until April 2024 </div> </div> <div>  <div> The Roth Family Jewish Community Center of Greater Orlando </div> </div> <div> Revised 2/20/24 </div>				