



## GROUP EXERCISE SCHEDULE

LFJCC: LFJCC JACOBS FAMILY CAMPUS  
As of November 18, 2020

Reservations are required through the MY J App

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM				6:30am - 7:15am <b>Cycling With Robin</b> Robin Finkel Tennis Patio		6:30am - 7:15am <b>Cycling With Robin</b> Robin Finkel Tennis Patio	
8 AM	8:30am - 9:15am <b>Total Body Conditioning With Nancy</b> Nancy Tengan Albert A. Hutler Tennis Center			8:30am - 9:15am <b>Barbell Strong</b> Ethan Carter Tennis Patio			
9 AM	9:30am - 10:15am <b>Virtual Restorative Yoga With Beverlyn</b> Beverlyn Baer Virtual	9:30am - 10:15am <b>Zumba With Olga</b> Olga Lazitski-Torres Albert A. Hutler Tennis Center	9:30am - 10:15am <b>Virtual Fitness Over 50 With Nancy</b> Nancy Tengan Virtual	9:30am - 10:15am <b>Zumba With Cyndi</b> Cyndi Blais Albert A. Hutler Tennis Center	9:30am - 10:15am <b>Stretch For Flexibility With Mikki</b> Micki Papini Albert A. Hutler Tennis Center	9:30am - 10:15am <b>Virtual Aerobics For Everyone With Rebecca</b> Rebecca Teriete Virtual	
			9:30am - 10:15am <b>Fitness Over 50 With Nancy</b> Nancy Tengan Albert A. Hutler Tennis Center		9:30am - 10:15am <b>Barbell Strong</b> Nancy Tengan Tennis Patio	9:30am - 10:15am <b>Aerobics For Everyone</b> Rebecca Teriete Albert A. Hutler Tennis Center	
10 AM		10:30am - 11:15am <b>Virtual Functional Interval Training With Ethan</b> Ethan Carter Virtual	10:30am - 11:15am <b>Pilates Mat Fusion With Dian</b> Dian Ramirez Albert A. Hutler Tennis Center		10:30am - 11:15am <b>Virtual Fitness Over 50 With Nancy</b> Nancy Tengan Virtual		
		10:30am - 11:15am <b>Functional Interval Training</b> Ethan Carter Albert A. Hutler Tennis Center					

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 AM		11:30am - 12:15pm <b>Hatha/Vinyasa Yoga With Rebecca</b> Rebecca Teriete Albert A. Hutler Tennis Center	11:30am - 12:15pm <b>Virtual JBarre With Olga</b> Olga Lomakin Virtual	11:30am - 12:15pm <b>Vinyassa Flow With Heather</b> heatherheath arnold Albert A. Hutler Tennis Center		11:30am - 12:15pm <b>Hatha/Vinyasa With Rebecca</b> Rebecca Teriete Albert A. Hutler Tennis Center	
				11:30am - 12:15pm <b>Virtual Vinyassa Flow With Heather</b> Albert A. Hutler Tennis Center		11:30am - 12:15pm <b>Virtual Hatha/Vinyassa With Rebecca</b> Rebecca Teriete Virtual	
NOON			12:00pm - 12:45pm <b>Cycling With Will</b> Will Hansen Albert A. Hutler Tennis Center				
5 PM			5:15pm - 6:00pm <b>Virtual Guided Meditation With Eva</b> Eva Beim Virtual		5:00pm - 5:45pm <b>Cycling With Will</b> Will Hansen Albert A. Hutler Tennis Center		