

THE JONES CENTER FITNESS SCHEDULE

(Schedule starts January 6)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 am			Aqua Fitness Pool		Aqua Fitness Pool	Body Bootcamp (Katie) Studio B
10-10:50am						Zumba (Victoria) Studio A
10-10:50am			Aqua Fitness Pool		Aqua Fitness Pool	
11-11:50am		Strong Bodies (Fink) Studio A		Strong Bodies (Fink) Studio A		
5-5:30pm	Bodyblast Studio A		Bodyblast Studio A			
5:30-6:20pm		Yoga (Candice) Studio A				
5:45-6:15pm	Simply Strength Studio A		Simply Strength Studio A			
6:30-7:20pm		Zumba (Victoria) Studio A		Zumba (Victoria) Studio A		
7:30-8:20pm	Zumba (Hannah) Studio A					

ZUMBA (B) - Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

YOGA (B) - Relieve your stress. You will burn calories, tone muscles, work on balance and get a great stretch!

BODYBLAST (B) - Monday & Wednesday 5:00-5:30 - This 30 minute class is high intensity and engages the whole body through intervals, power, plyometrics, and constant movement that aims at keeping the heart rate high in order to burn more calories and rev your metabolism.

SIMPLY STRENGTH (B) - Monday & Wednesday 5:45-6:15 - This 30 minute class utilizes various type of resistance equipment to sculpt your body and increase your strength and muscular endurance. This class will leave you with your muscles burning and your body strong.

BODY BOOTCAMP (I) - Saturdays @ 9:00-9:50 - A popular interval class that mixes calisthenics and body weight exercises with cardio and strength training. Designed in a way to be different all the time, and push our participants harder than they'd push themselves. We want to keep you guessing - and challenge you differently every class! Although our instructors may push you, our goal is to offer encouragement rather than intimidation.

AQUA FITNESS (B) - Wednesday & Friday @ 10:00-10:50 - This invigorating class held in the pool improves cardiovascular conditioning, muscular strength and endurance using the buoyancy and resistance of the water to give you a safe, effective, fun and "no sweat" workout. It also allows a break from "impact" on the body so you are getting a great workout without pounding your joints, ligaments and tendons."

STRONG BODIES (B) - Tuesday & Thursday @ 11:00-11:50 - This exercise class is designed to help older adults maintain their cardiovascular health, strength, and flexibility. Whether you're a veteran gym member or a newcomer, we welcome you to come and enjoy the benefits of working out in a group setting.

(B) Beginner
(I) Intermediate
(C) Challenging

Letters are to help participants have a better feel for the intensity of the class, but all group fitness classes are instructed with modifications to meet all participants' fitness levels.

FITNESS CENTER HOURS OF OPERATION: Monday - Thursday 5:30am - 8pm
Friday 5:30am - 7:00pm | **Saturday** 8am - 7:00pm | **Sunday** 1pm - 5pm

PERSONAL TRAINING
Individualized fitness sessions
Individual: \$20 per hour
Group (2 people): \$25 per hour
(half hour sessions available upon request)
Contact Katie at kroark@jonesnet.org for more information.