



SEPTEMBER GROUP EXERCISE CLASSES

MONDAY

		<u>Studio</u>
5:45am	Gravity/Strength	Julia G
6:00am	Spinning (Cycling)	Sharon C
8:45am	Gravity/Pilates	Dede G
9:05am	BodyPump	Jen M
9:30am	Aquacize	Deborah P
9:30am	CSI	Rachel D
10:10am	Cardio Kick	Valerie M
10:15am	RPM (Cycling)	Orit C
10:30am	Yoga	Bob E
4:00pm	Tai Chi	Dotty E
5:30pm	BodyPump	Melissa S. M
6:00pm	Gravity/Pilates	Melissa M. G
6:00pm	Yoga	Geleene E
6:45pm	Kickboxing	Charles M

TUESDAY

6:00am	Yoga Fusion	Melissa M. E
8:00am	Qigong	Joane E
8:15am	Low Impact	Cheryl M
9:00am	RPM (Cycling)	Julia C
9:15am	Step & Sculpt	Sharon M
9:15am	Gravity/Strength	Melissa G
9:30am	Aquacize	Pam P
10:15am	Zumba	Darlene M
10:30am	Mat Pilates	Sharon E
5:30pm	Step & Sculpt	Meggin M
5:15pm	Gravity/Strength	Sharon G
6:00pm	Yoga	Nikki E
6:00pm	Spinning (Cycling)	Denise C
6:00pm	Gravity/Strength	Matt G *NEW!
6:30pm	Zumba	Alina M

WEDNESDAY

5:45am	RPM (Cycling)	Laurie C
8:45am	Gravity/Pilates	Dede G
9:05am	BodyPump	Jen M
9:30am	Aquacize	Deborah P
9:30am	CSI	Melissa D
10:10am	Cardio Kick	Kere M
10:30am	Yoga	Bob E
5:30pm	BodyPump	Alyssa M
6:00pm	Gravity/Pilates	Dawn G
6:00pm	Freestyle (Cycling)	Julia C
6:00pm	Active Yoga	Geleene E
6:45pm	Kickboxing	Charles M

THURSDAY

		<u>Studio</u>
6:00am	Yoga	Nikki E *NEW!
8:15am	Low Impact	Cheryl M
9:00am	Freestyle (Cycling)	Julia C
9:15am	Step & Sculpt	Sharon M
9:15am	Gravity/Strength	Jaclyn G
9:30am	Aquacise	Pam P
10:15am	Zumba	Alina M
10:30am	Yoga Fusion	Melissa M. E
5:15pm	Gravity/Strength	Sharon G
5:30pm	Step & Sculpt	Meggin M
6:00pm	RPM (Cycling)	Randy C
6:00pm	Adv. Yoga	Bob E
6:30pm	Zumba	Darlene M

FRIDAY

6:00am	Spinning (Cycling)	Suzanne C
8:00am	Qigong	Joane E
8:45am	Gravity/Pilates	Melissa M. G
9:05am	Cardio Blast	Kere M
9:30am	Aquacize	Deborah P
10:10am	BodyPump	Sharon M
10:00am	Active Yoga	Geleene E
6:00pm	Zumba	Darlene M

SATURDAY

8:30am	RPM (Cycling)	Melissa S. C
9:05am	BodyPump	Alyssa M
9:15am	Gravity/Strength	Jon G
9:30am	Yoga	Rana E
10:10am	Zumba	Tiffany M

SUNDAY

8:30am	RPM (Cycling)	Orit C
9:30am	Qigong	Joane E

Studios

M= Main Studio
 E= Eden Studio
 C= Cycling Studio
 G= Gravity Studio
 D= Cardio Deck
 P= Pool
 Classes are subject to
 change or cancellation.

Jungle Club Hours

M-F 4:30am-9:00pm
 Sat 7:00am-6:00pm
 Sun 8:00am-5:00pm

For additional information
www.thejungleclub.com
 772-567-1400