

# THE JONES CENTER FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:15a	<b>Morning Synergy</b> Fitness Center		<b>Morning Synergy</b> Fitness Center		<b>Morning Synergy</b> Fitness Center	
9:00-9:45a			<b>Water Movement</b> Pool		<b>Water Movement</b> Pool	
10:00-10:45a			<b>Water Movement</b> Pool		<b>Water Movement</b> Pool	
10:00-10:45a	<b>Silver Sneakers</b> Studio A		<b>Silver Sneakers</b> Studio A		<b>Silver Sneakers</b> Studio A	<b>Yoga</b> Studio B
11:00-11:45a	<b>YogaStretch</b> Studio A	<b>Tai-Chi</b> Studio A	<b>Senior Spin</b> Studio A	<b>Tai-Chi</b> Studio A	<b>YogaStretch</b> Studio A	<b>Zumba</b> Studio A
12:00-12:45p	<b>Lunch Spin</b> 12:00-12:45p Studio A	<b>Synergy</b> Studio A	<b>Lunch Spin</b> 12:00-12:45p Studio A	<b>Synergy</b> Studio A	<b>Lunch Spin</b> 12:00-12:45p Studio A	
4:00-4:45p		<b>Strong Bodies</b> Studio A		<b>Strong Bodies</b> Studio A		
5:30-6:15p	<b>Zumba</b> Studio A	<b>Spin</b> Studio A	<b>Zumba</b> Studio A	<b>Spin</b> Studio A	<b>Zumba</b> Studio A	
5:30-6:15p		<b>Yoga</b> Studio B		<b>Yoga</b> Studio B		
6:30-7:15p		<b>Zumba</b> Studio A	<b>Water Aerobics</b> Pool	<b>Zumba</b> Studio A		

#### 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:** \$25 per hour  
**Group (2 people):** \$30 per hour  
 (half hour sessions available upon request) *Contact Betsy McCall at [bmccall@jonesnet.org](mailto:bmccall@jonesnet.org)*

