

# THE JONES CENTER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning Synergy</b> Fitness Center <i>Debbie</i> 5:45-6:15a	<b>Fit Body Basics</b> Studio C <i>April</i> 9:15-10:00a	<b>Morning Synergy</b> Fitness Center <i>Debbie</i> 5:45-6:15a	<b>Fit Body Basics</b> Studio C <i>April</i> 9:15-10:00a	<b>Morning Synergy</b> Fitness Center <i>Debbie</i> 5:45-6:15a	<b>Spin</b> Studio C <i>April</i> 9:00-9:45a
<b>Yoga</b> Gentle Flow <b>Level 1-2</b> Studio C <i>Carrie</i> 8:30-9:15a	<b>Tai-Chi</b> Studio A <i>Tim</i> 11:00-11:45a	<b>Yoga</b> Gentle Flow <b>Level 1-2</b> Studio C <i>Carrie</i> 8:30-9:15a	<b>Tai-Chi</b> Studio A <i>Tim</i> 11:00-11:45a	<b>Hot Yoga*</b> Flow Foundations <b>Level 1-2</b> Studio C <i>April</i> 8:30-9:15a	<b>Yoga</b> Beginner Flow <b>Level 1</b> Studio C <i>Rotating Instructor</i> 10:00-10:45a
<b>Silver Sneakers</b> Studio A <i>Melissa</i> 10:00-10:45a	<b>Kickboxing</b> Studio C <i>Chip</i> 11:30-12:00p	<b>Silver Sneakers</b> Studio A <i>Melissa</i> 10:00-10:45a	<b>Synergy</b> Fitness Center <i>Melissa</i> 12:00-12:30p	<b>Silver Sneakers</b> Studio A <i>Melissa</i> 10:00-10:45a	
<b>YogaStretch</b> Studio A <i>Melissa</i> 11:00-11:45a	<b>Synergy</b> Fitness Center <i>Melissa</i> 12:00-12:30p	<b>YogaStretch</b> Studio A <i>Melissa</i> 11:00-11:45a	<b>Spin</b> Studio C <i>Debbie</i> 5:30-6:15p	<b>YogaStretch</b> Studio A <i>Melissa</i> 11:00-11:45a	
<b>Lunch Spin</b> Studio C <i>Chip</i> 12:00-12:30p	<b>Spin</b> Studio C <i>Debbie</i> 5:30-6:15p	<b>Lunch Spin</b> Studio C <i>Chip</i> 12:00-12:30p	<b>Yoga</b> Gentle Flow <b>Level 1-2</b> Studio B <i>Carrie</i> 5:30-6:15p	<b>POP Pilates</b> Studio C <i>Cody</i> 11-11:45a	
<b>Zumba</b> Studio A <i>Claudia</i> 5:30-6:30p	<b>Yoga</b> Gentle Flow <b>Level 1-2</b> Studio B <i>Carrie</i> 5:30-6:15p	<b>Zumba</b> Studio B <i>Claudia</i> 5:30-6:30p	<b>Kickboxing</b> Studio A <i>Chip</i> 5:30-6:15p	<b>Lunch Spin</b> Studio C <i>Chip</i> 12:00-12:30p	
<b>Hot Yoga*</b> Flow Foundations <b>Level 1-2</b> Studio C <i>April</i> 5:30-6:15p	<b>BollyX</b> Studio C <i>Andrea</i> 6:30-7:15p	<b>Synergy</b> Fitness Center <i>Olivia</i> 6:00-6:30p	<b>Zumba</b> Studio A <i>Elisa</i> 6:30-7:30p	<b>Beginner Zumba</b> Studio A <i>Tae</i> 5:30-6:30p	
<b>Ripped</b> Studio C <i>Claudia</i> 6:45-7:45p	<b>Zumba</b> Studio A <i>Elisa</i> 6:30-7:30p	<b>Water Aerobics</b> Pool <i>Debbie</i> 6:30-7:15p			
		<b>Hot Yoga*</b> Power Flow <b>Level 2-3</b> Studio C <i>April</i> 6:30-7:30p			

**FITNESS  
CENTER HOURS  
OF OPERATION:**

**Monday - Thursday** 5:30a - 8:00p  
**Friday** 5:30a - 8:00p  
**Saturday** 8:00a - 8:00p  
**Sunday** 1:00p - 5:00p

\*\$3 hot yoga fee

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THE  
**Jones**  
CENTER