

CLASS SCHEDULE

Demo Week: 1/14 - 1/20

Regular Schedule: 1/22 - 4/28

No Classes: 1/21, 3/9 - 3/17, 3/30 - 3/31

MONDAY

- Yoga, 12:00-1:00pm (Brigid)
- Zumba, 8:15-9:15pm (Lauren)

TUESDAY

- Yogalates, 2:45-3:45pm (Christina)
- Cycle Express/Butts & Guts (**NEW!**), 4:00-5:00pm (Katy)
- Pilates, 7:00-8:00pm (Leah)
- Zumba, 8:15-9:15pm (Zuzu)

WEDNESDAY

- Boot Camp, 9:00-10:00am (Jacquelyne)
- Cycle & Sweat, 12:00-1:00pm (Katy)

THURSDAY

- Spinning: Morning Madness, 7:00-8:00am (Kelly C.)
- Pilates Intermediate (**NEW!**), 7:00-8:00pm (Leah)
- Zumba, 8:15-9:15pm (Zuzu)

FRIDAY

- Total Body Adventure, 12:00-1:00pm (Jacquelyne)
- Yogalates, 2:45-3:45pm (Christina)

SUNDAY

- Yoga, 12:00-1:00pm (Shannon)
- Spinning: Afternoon Acceleration, 3:00-4:00pm (Kelly C.)
- Zumba, 6:00-7:00pm (Abigail)

\$65 Unlimited Class Pass
\$7 Individual Class Pass

Sign up at the JfC front Desk!

Questions?!

Contact Jacquelyne Chantry
(chantry@american.edu)

**Classes limited to 30 participants*

**Spinning & Cycle classes limited to 12 participants*