

Group Exercise Schedule

Henry S. Reich, Jacob and Charlotte Lehrman Foundation Fitness and Wellness Center
Edlavitch DCJCC

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HEALTH AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INTEGRAL YOGA 6:30 AM – 7:30 AM Instructor: Beth Room: PC	BODYPUMP 6:30 AM – 7:15 AM Instructor: Marsha Room: PC Starting 9/17		BODYPUMP 6:30 AM – 7:15 AM Instructor: Marsha Room: PC Starting 9/19		BODYPUMP 10:00 AM – 11:00 AM Instructor: Marsha Room: PC Starting 9/21	GENTLE YOGA 9:00 AM – 10:15 AM Instructor: Beth Room: PC
STRETCH & STRENGTH 9:30 AM – 10:30 AM Instructor: Devonne Room: Dance Studio	SENIOR AQUA FITNESS 9:00 AM – 10:00 AM Instructor: Marsha Room: Pool LL	STRETCH & STRENGTH 9:30 AM – 10:30 AM Instructor: Ruth Room: Dance Studio	SENIOR AQUA FITNESS 9:00 AM – 10:00 AM Instructor: Marsha Room: Pool LL	STRETCH & STRENGTH 9:30 AM – 10:30 AM Instructor: Devonne Room: Dance Studio	ZUMBA 10:00 AM – 11:00 AM Instructor: Staff Room: Dance Studio	
	CARDIO SCULPT 9:30 AM – 10:30 AM Instructor: Ruth Room: Dance Studio		CARDIO SCULPT 9:30 AM – 10:30 AM Instructor: Devonne Room: Dance Studio	FITNESS CENTER HOURS Saturday & Sunday 8:00 AM – 8:00 PM Monday – Thursday 6:00 AM – 10:00 PM Friday 6:00 AM – 6:00 PM		
	GENTLE YOGA 2:15 PM – 3:30 PM Instructor: Beth Room: Dance Studio					
BODYPUMP 6:15 PM – 7:15 PM Instructor: Staff Room: PC Starting 9/16	VINYASA FLOW 6:15 PM – 7:15 PM Instructor: Stacey Room: PC	BODYPUMP 6:15 PM – 7:15 PM Instructor: Staff Room: PC Starting 9/18	HATHA YOGA 6:15 PM – 7:15 PM Instructor: Stacey Room: PC	FOR MORE INFORMATION CONTACT: Andre Dixon Health & Fitness Director Email: andred@edcjc.org Office: (202) 777-3274 All classes are subject to cancellation due to low participation numbers and are subject to change in class format, instructor, and class time as needed. Stay informed about schedule changes and upcoming programs by signing up for our email newsletter. Visit edcjc.org/signup		
AQUA FITNESS 7:00 PM – 8:00 PM Instructor: Marsha Room: LL POOL	DANCE FUSION 7:30 PM – 8:30 PM Instructor: Cheryl Room: PC Starting 9/17	AQUA FITNESS 7:00 PM – 8:00 PM Instructor: Alejandro Room: LL POOL	H.I.T.T 7:30 PM – 8:30 PM Instructor: Hirsh Room: PC			
POWER YOGA 7:30 PM – 8:30 PM Instructor: Muya Room: PC		VINYASA FLOW 7:30 PM – 8:30 PM Instructor: Muya Room: PC				