

# 2017 SUMMER SCHEDULE • JUNE - AUG

Monday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
			5:10 am Laura/Joel 6 am Laura	5:30 am \$ Masters Swim 6:30 am TRX Level 2/Lloyd
	7 am Yoga/Annette 8 am Core/Rachel	7 am PACE I/Rachel 8 am PACE I/Mary		8 am Aqua Fitness/Christy
9 am Advanced Step/Bonnie 10 am Body Pump/Lauren	9 am Zumba/J.Lynne 10 am Tai Chi/Shuping 11 am Body Sculpt/Annette	9 am PACE I/Mary 10 am PACE II/Mary	9 am Amy	9 am TRX/Lloyd
	12 pm Yoga/Kristin			
		1 pm PACE I/Mary		
	2-4 pm Reserved ECE			
5:30 pm Zumba/J. Lynne	5:30 pm Hatha Yoga/TBD		5:30 pm Jodi	

Tuesday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
5:30 am Body Pump/Laura & Jodi				5:15 am TRX/Kyle
	7 am Yoga All Levels /Shari 8 am Core/Lauren	8 am PACE I/Mary	6 am Leilani	
8 am BodyCombat/Gary 9 am Beg Tai Chi/Shuping 10 am Dance Party/Sara 11:15 am Silver Sneakers/Mary	9 am Step & Sculpt /Bonnie 10 am Zumba Gold/Sasha 11 am Stretch/Lois		9 am Lauren	9 am TRX Level 2/Amy 10 am TRX Level 1/Shelley
4:30 pm Int. Step/Bonnie 5:30 pm BodyCombat-Pump/Nichole	5:30 pm Yoga All Levels /Annette		5 pm Eva L	
7:30 pm \$ Israeli Dance/Lisa				

Wednesday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
5:15 am Body Combat/Jodi			5:10 am Laurie 6 am Laura	5:30 am \$ Masters Swim 6:30 am TRX Level 2/Lloyd
7 am Body Shape/Mary	7 am Yoga All Levels /Lois 8 am Core/Rachel	7 am PACE I/Rachel 8 am PACE I/Mary		8 am Aqua Fitness/Christy
9 am Advanced Step/Bonnie 10 am Body Pump/Lauren 11:15 am Chair Yoga /Ellen 12:15 pm Qigong/Laurel	9 am Zumba/Patricia 10 am Barre/Denise	9 am PACE I/Mary 10 am PACE II/Mary	9 am Heart Zones/Shelley	
		1 pm PACE I/Mary		
	3-5 pm Reserved J Care			
4:30 pm Int. Step/Bonnie 5:30 pm Zumba/J. Lynne			5:30 pm Eva B	

Thursday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
5:30 am Body Pump/Laura				5:15 am TRX/Laurie
	7 am Yoga All Levels /Shari 8 am Tai Chi/Shuping	8 am PACE I/Mary	6 am Leilani	
8 am BodyCombat-Pump/Nichole <b>NEW</b> 9 am Pound/Pam 10 am Stretch/Maralyn 11:15 am Silver Sneaker /Mary	9 am Core/Lois 10 am Stretch/Maralyn 11 am Hatha Yoga /Shalmali		9 am Lauren	10 am TRX Level 2/Lloyd
	5:30 pm Yoga All Levels /Annette		5 pm Hannah	
6 pm Body Pump/Lauren				

Friday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
5:15 am BodyCombat/Jodi			6 am Laurie	5:30 am \$ Masters Swim
7 am Body Shape/Mary		7 am PACE I/Rachel 8 am PACE I/Mary		
9 am Zumba/J. Lynne 10 am Body Pump/Laura	8 am Core/Nichole 9 am Insanity/Nichole 10 am Stretch & Mobility/Maralyn 11 am Fit/Maralyn	8 am PACE I/Mary 9 am PACE I/Mary 10 am PACE II/Mary	9 am Heart Zones/Shelley	8 am Aqua Fitness/Team 10 am TRX Level 1/Kyle
3 pm Beg Tai Chi/Shuping	3:30 pm Gentle Yoga/Johnna			

Saturday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
8 am Fit/Eileen 9 am Body Pump/Jodi 10:15 am Zumba Gold/Sasha	9 am Barre/Alisa 10 am Yoga/Maralyn		8 am Joel	

Sunday

GROUP EXERCISES	MIND BODY	PACE	CYCLING	THE RIG/AQUATICS
8 am Fit/Eileen 9 am Body Combat /Jodi & Barbara 10 am Zumba/Colin	9 am Feldenkrais/Bill 10 am Mat Pilates/Steve		8:30 am Laura 10 am Heart Zones/Shelley	7:30 am \$ Masters Swim 9 am Aqua Zumba/Colin 10 am TRX Level 2/Denise & Laurie 11 am TRX Level 1/Laurie
	4 pm \$Line Dance/Karen			
5 pm \$ Israeli Dance/Brandi				

\*Classes Subject to Change



## SPECIALTY CLASSES June - Aug 2017

**JXT Small Group Training**  
Start Date: June 1, July 1 & August 1  
Time: Multiple-See Website  
Instructor: Brandon Wagner, Lloyd Lewis & Kyle Antle  
Class Fee: See Website for Pricing

**Balboa Swing Dance**  
Start Date: Monday, June 5  
Time: 6:45pm  
Instructor: Michelle Kostuk  
Daily Class Fee: \$12/\$11 Member

**Beginning Salsa**  
Start Date: Monday, June 5  
Time: 7:45pm  
Instructor: Michelle Kostuk  
Daily Class Fee: \$12/\$11 Member

**Ride & Roll "Summer Slump-Buster"**  
Start Date: Monday, June 19  
Time: Mon, Wed & Fri 11:15am - 12pm  
Instructor: Mary Maher  
Class Fee: \$325/\$288 Member

**BEST Protocol for Osteoporosis**  
Start Date: Monday, July 12  
Time: Mon, Wed & Fri 11am or 12pm  
Instructor: Mary Maher  
Class Fee: \$589/\$415 Member

**Lindy Hop**  
Start Date: Monday, July 24  
Time: 6:45pm  
Instructor: Michelle Kostuk  
Individual Class Fee: \$12/\$11 Member

**Bachata - Latin Dance**  
Start Date: Monday, July 24  
Time: 7:45pm  
Instructor: Michelle Kostuk  
Daily Class Fee: \$12/\$11 Member

**Purple Minions Youth Tri Club**  
Start Date: Tuesday, August 15  
Instructor: Coach Robin  
Class Fee: Early Bird \$250/\$210 Member

**REGISTER ONLINE AT  
TUCSONJCC.ORG**

### Wellness Events

**Nutritional Consulting with Tucson Medical Center**  
By Appointment Only  
Registered Dieticians:  
Mary Atkinson, RD & Laurie Ledford MS, RD  
Fee: \$75/session, J-Members Only

**Ride for the Living**  
Special Event: Friday, June 23  
Time: 8-10am  
Instructor: Spencer Roberts  
Suggested Donation: \$18

**Freedom From Fractures**  
American Bone Health Screening Day  
Event Date: Thursday, July 11  
Time: 1:00 - 4:00pm  
Free and Open to the Public

**USAT Splash & Dash**  
Event Date: Sunday, August 20  
Time: 7:00am  
See website for details

**Tucson Orthopaedic Institute Lecture**  
Event Date: Wednesday, Sept 20  
Time: 10:00am  
Free and Open to the Public