



Tucson Jewish Community Center  
December 15th - December 21st

3800 E. River Road  
TUCSON, AZ 85718  
(520) 299-3000

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
5am		<b>Indoor Cycling</b> Indoor Cycling Studio Laura Swenson 5:30am - 6:25am	<b>TRX</b> The Rig Laurie Sheldon 5:15am - 6:10am	<b>Indoor Cycling</b> Indoor Cycling Studio Laura Swenson 5:30am - 6:25am	<b>TRX</b> The Rig Denise Bermudez 5:15am - 6:10am	<b>Indoor Cycling</b> Indoor Cycling Studio Laurie Sheldon 5:30am - 6:25am	
			<b>Body Pump</b> Group Exercise Studio Cesar Romero 5:30am - 6:25am	<b>Master's Swim (\$)</b> Pool Specialty Instructor 5:30am - 7am	<b>Body Pump</b> Group Exercise Studio Laura Swenson 5:30am - 6:25am	<b>Master's Swim (\$)</b> Pool Specialty Instructor 5:30am - 7am	
			<b>Master's Swim (\$)</b> Pool Specialty Instructor 5:30am - 7am				
6am		<b>TRX Iron</b> The Rig Lloyd Lewis 6:30am - 7:25am	<b>Indoor Cycling</b> Indoor Cycling Studio Leilani Rothrock 6am - 6:55am	<b>TRX Iron</b> The Rig Lloyd Lewis 6:30am - 7:25am	<b>Indoor Cycling</b> Indoor Cycling Studio Leilani Rothrock 6am - 6:55am		
7am		<b>Pace I</b> PACE Studio Rachel Barker 7am - 7:55am	<b>Yoga</b> Mind Body Studio Shari Gooter 7am - 7:55am	<b>Pickleball</b> Gymnasium 7am - 9am	<b>Yoga</b> Mind Body Studio Shari Gooter 7am - 7:55am	<b>Pace I</b> PACE Studio Rachel Barker 7am - 7:55am	<b>Master's Swim (\$)</b> Pool Specialty Instructor 7am - 8:30am
		<b>Pickleball</b> Gymnasium 7am - 9am		<b>Pace I</b> PACE Studio Rachel Barker 7am - 7:55am		<b>Body Shape</b> Group Exercise Studio Mary Byrnes 7am - 7:55am	<b>Aqua Fit</b> Pool Elaine Garcia 7:30am - 8:25am
		<b>Yoga</b> Mind Body Studio Annette Fair 7am - 7:55am		<b>Yoga</b> Mind Body Studio Lois Graham 7am - 7:55am		<b>Pickleball</b> Gymnasium 7am - 9am	
				<b>Body Shape</b> Mind Body Studio Mary Byrnes 7am - 7:55am			
8am	<b>FIT</b> Group Exercise Studio Eileen Lawless 8am - 8:55am	<b>Pound</b> Group Exercise Studio Pam Crocco 8am - 8:55am	<b>Pace I</b> PACE Studio Rachel Barker 8am - 8:55am	<b>Core</b> Mind Body Studio Rachel Barker 8am - 8:55am	<b>Pace I</b> PACE Studio Rachel Barker 8am - 8:55am	<b>Pace I</b> PACE Studio Rachel Barker 8am - 8:55am	<b>Indoor Cycling</b> Indoor Cycling Studio Joel Gray 8am - 8:55am
	<b>Indoor Cycling</b> Indoor Cycling Studio Laura Swenson 8:30am - 9:25am	<b>Pace I</b> PACE Studio Mary Byrnes 8am - 8:55am	<b>Core</b> Mind Body Studio Imani Johnson 8am - 8:55am	<b>Pace I</b> PACE Studio Mary Byrnes 8am - 8:55am	<b>Body Combat</b> Group Exercise Studio Valerie Al-Ghaith 8am - 8:55am	<b>Core</b> Mind Body Studio Courtney Walker 8am - 8:55am	<b>Pickleball</b> Gymnasium 8am - 10am
		<b>Core</b> Mind Body Studio Rachel Barker 8am - 8:55am	<b>Body Combat</b> Group Exercise Studio Gary Ray 8am - 8:55am	<b>Aqua Fit</b> Pool Elsbeth Frueh 8am - 8:55am	<b>Tai Chi</b> Mind Body Studio Shuping Zhao 8am - 8:55am	<b>Aqua Fit</b> Pool Christy Erickson 8am - 8:55am	
9am	<b>Body Combat</b> Group Exercise Studio Renee Patterson 9am - 9:55am	<b>Indoor Cycling</b> Indoor Cycling Studio Amy Dowe 9am - 9:55am	<b>Tai Chi</b> Mind Body Studio Shuping Zhao 9am - 9:55am	<b>Advanced Step</b> Group Exercise Studio Rhina Gerhauser 9am - 9:55am	<b>Pound</b> Group Exercise Studio Pam Crocco 9am - 9:55am	<b>Pace I</b> PACE Studio Laura Swenson 9am - 9:55am	<b>Body Pump</b> Group Exercise Studio Michelle Riggs 9am - 9:55am
	<b>Aqua Rhythms</b> Pool Colin Easom 9am - 9:55am	<b>Advanced Step</b> Group Exercise Studio Rhina Gerhauser 9am - 9:55am	<b>Indoor Cycling</b> Indoor Cycling Studio Valerie Al-Ghaith 9am - 9:55am	<b>Pace I</b> PACE Studio Mary Byrnes 9am - 9:55am	<b>Core</b> Mind Body Studio Lois Graham 9am - 9:55am	<b>Indoor Cycling</b> Indoor Cycling Studio Shelley Russell 9am - 9:55am	<b>Barre</b> Mind Body Studio Courtney Walker 9am - 9:55am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	<b>Feldenkrais</b> Mind Body Studio Bill Burnett 9am - 9:55am	<b>Zumba</b> Mind Body Studio J.Lynne Prikosovits 9am - 9:55am		<b>J on the Road</b> The Core at La Encantada Valerie Al-Ghaith 9am - 10am	<b>Indoor Cycling</b> Indoor Cycling Studio Rhina Gerhauser 9am - 9:55am	<b>Barre</b> Mind Body Studio Courtney Walker 9am - 9:55am	
		<b>Pace I</b> PACE Studio Mary Byrnes 9am - 9:55am		<b>Indoor Cycling</b> Indoor Cycling Studio Virtual Instructor 9am - 9:55am		<b>Zumba</b> Group Exercise Studio J.Lynne Prikosovits 9am - 9:55am	
		<b>TRX</b> The Rig Lloyd Lewis 9am - 9:55am					
<b>10am</b>	<b>Zumba</b> Group Exercise Studio J.Lynne Prikosovits 10am - 10:55am	<b>Body Pump</b> Group Exercise Studio Michelle Riggs 10am - 10:55am	<b>Dance Party</b> Mind Body Studio Rhina Gerhauser 10am - 10:55am	<b>Body Pump</b> Group Exercise Studio Mary Clements 10am - 10:55am	<b>TRX</b> The Rig Denise Bermudez 10am - 10:55am	<b>Body Pump</b> Group Exercise Studio Laura Swenson 10am - 10:55am	<b>Yoga</b> Mind Body Studio Courtney Walker 10am - 10:55am
	<b>Indoor Cycling</b> Indoor Cycling Studio Shelley Russell 10am - 10:55am	<b>Tai Chi</b> Mind Body Studio Shuping Zhao 10am - 10:55am	<b>Zumba Gold</b> Group Exercise Studio Sasha Alexander 10am - 10:55am	<b>Pace I</b> PACE Studio Mary Byrnes 10am - 10:55am	<b>Stretch</b> Group Exercise Studio Pam Crocco 10am - 10:55am	<b>Stretch</b> Mind Body Studio Courtney Walker 10am - 10:55am	<b>Zumba Gold</b> Group Exercise Studio Sasha Alexander 10:15am - 11:10am
	<b>Mat Pilates</b> Mind Body Studio Steve Stone 10am - 10:55am	<b>Pace I</b> PACE Studio Mary Byrnes 10am - 10:55am	<b>TRX</b> The Rig Denise Bermudez 10am - 10:55am				
<b>11am</b>	<b>TRX</b> The Rig Laurie Sheldon 11am - 11:55am	<b>Body Sculpt</b> Mind Body Studio Annette Fair 11am - 11:55am	<b>Stretch</b> Mind Body Studio Lois Graham 11am - 11:55am	<b>Chair Yoga</b> Group Exercise Studio Ellen Campbell 11:15am - 12:10pm	<b>Hatha Yoga</b> Mind Body Studio Shalmali Pal 11am - 11:55am	<b>Silver Sneakers</b> Group Exercise Studio Colleen Collen 11:15am - 12:10pm	
	<b>Family Yoga</b> Group Exercise Studio Courtney Walker 11:15am - 12pm		<b>Silver Sneakers</b> Group Exercise Studio Mary Byrnes 11:15am - 12:10pm		<b>Silver Sneakers</b> Group Exercise Studio Mary Byrnes 11:15am - 12:10pm		
<b>12pm</b>		<b>Yoga</b> Mind Body Studio Imani Johnson 12pm - 12:55pm					
<b>1pm</b>		<b>Pace I</b> PACE Studio Mary Byrnes 1pm - 1:55pm		<b>Pace I</b> PACE Studio Mary Byrnes 1pm - 1:55pm			
<b>3pm</b>						<b>Beginner Tai Chi</b> Group Exercise Studio Shuping Zhao 3pm - 3:55pm	
						<b>Gentle Yoga</b> Mind Body Studio Pamela Adler 3:30pm - 4:25pm	
<b>4pm</b>			<b>Youth Cycling</b> Indoor Cycling Studio Eva Lankes 4pm - 4:45pm		<b>Youth Fitness (\$)</b> Indoor Cycling Studio Pam Crocco 4pm - 4:45pm		

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5pm		<b>Zumba</b> Group Exercise Studio J.Lynne Prikosovits 5:30pm - 6:25pm	<b>Indoor Cycling</b> Indoor Cycling Studio Eva Lankes 5pm - 5:55pm	<b>TRX Iron</b> The Rig Garrett Larribas 5pm - 5:55pm	<b>Indoor Cycling</b> Indoor Cycling Studio 5pm - 5:55pm		
		<b>Hatha Yoga</b> Mind Body Studio Pamela Adler 5:30pm - 6:25pm	<b>Yoga</b> Mind Body Studio Courtney Walker 5:30pm - 6:25pm	<b>Zumba</b> Group Exercise Studio J.Lynne Prikosovits 5:30pm - 6:25pm	<b>Yoga</b> Mind Body Studio Courtney Walker 5:30pm - 6:25pm		
		<b>Indoor Cycling</b> Indoor Cycling Studio Eva Biznichuk 5:45pm - 6:40pm		<b>Indoor Cycling</b> Indoor Cycling Studio Eileen Lawless 5:45pm - 6:40pm			
6pm			<b>Body Pump</b> Group Exercise Studio Michelle Riggs 6pm - 6:55pm		<b>Body Pump</b> Group Exercise Studio Mary Clements 6pm - 6:55pm		

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