



# Virtual Fitness Classes: July 2020

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	SUN	MON	TUE	WED	THUR	FRI
Boot Camp with Jo	9 AM					
Senior Yoga with Mindy Van Fleet		10 AM		12 PM		
Yoga with Mindy Hill	10 AM			10 AM		
Chronic Disease Exercise with Jo Akers			10 AM			
Yoga Dance with Jo		11 AM				
POUND with Billie	11 AM					
Silver Sneakers with Pat Barnes			11:15 AM		11:15 AM	
Zumba with Mindy Van Fleet				11 AM		
Dance for Parkinson's Disease w/ Linn				1:30 PM		
Dance Exercise with Chavy Schwartz				2 PM		
Kids Yoga with Mindy Hill		2:30 PM				
Fitness with Jessica Johnson		6:30 PM Zoom	3 PM			
Yoga with Paul Dunay					6 PM	
Silver & Fit with Mindy VanFleet						10 AM
Toning with Marianne						3 PM
Yoga with Chris Smith				6 PM		
DAILY FIT Challenge 10-15 min Workout	8:30 AM Chris Smith	9 AM Pat Barnes		8:30 AM Mindy Hill	9 AM Jo Akers	9 AM Paul Dunay

## LET US KNOW YOU'RE GETTING IN ON THE FUN & STAYING HEALTHY:

Drop us a quick message in the comments section on our FB page! **ESPECIALLY** if you are a **SILVER SNEAKERS** participant every time you comment in our virtual classes the JCC will get reimbursed by the Silver Sneakers program!