

JAMES C. KENNEDY
Wellness Center

GROUP FITNESS SCHEDULE November 2023

Mon: Bootcamp 1 with F.O.D. (30 mins) @ 6 a.m.
Open class with F.O.D. @ 12:15 p.m.
Athletic Bootcamp with F.O.D. (30 mins) @ 3 p.m.
Open class (Participant's choice) with F.O.D. @ 4 p.m.
SHINE DANCE with Stephanie @ 5:30 p.m.

Tues: **TFITT with Jennifer (35 mins) @ 5:10 a.m.**
Open class with F.O.D. @ 12:15 p.m.
Booty, Thigh and Abs class with PopSugar/F.O.D. (30 mins) @ 3:30 p.m.
Upper Body Strength with Joe @ 5:00 p.m.
SHINE DANCE with Stephanie @ 5:30 p.m.

Wed: SPIN with F.O.D. @ 5:10 a.m.
Stability and Mobility 1 with Daily Burn/F.O.D. (30 mins) @ 9:00 a.m.
Open class with F.O.D. @ 12:15 p.m.
Lower Body Strength with Joe @ 5:00 p.m.

Thurs: **TFITT with Jennifer (35 mins) @ 5:10 a.m.**
Open class with F.O.D. (30 mins) @ 12:15 p.m.
Kickboxing Interval Training with Daily Burn/F.O.D. (34 mins) @ 4:00 p.m.
Fast & Furious with Joe @ 5:30 p.m.

Fri: Spin class with F.O.D. @ 5:10 a.m.
Women on Weights with Stephanie @ 7:00 a.m.

Note:

Spin class is limited to 4 participants. (F.O.D.) Fitness on Demand.

(F.O.D.) is available for use any time the multi-purpose room is not occupied.

Classes with live instructor will be highlighted.