

Group Fitness Schedule

Sunday, July 4

Group Classes

| | |
|-----------------|------------------------------|
| 9:00am-10:00am | Spin with Stacey |
| 9:15am-10:30am | Yoga Level 2-3 with Joanna |
| 10:15am-11:15am | Body Pump with Celeste |
| 10:30am-11:30am | Mat Pilates with Eileen |
| 10:30am-11:30am | Rock n Roll Yoga with Gisele |

Monday, July 5

Group Classes

| | |
|-----------------|------------------------------|
| 9:00am-10:00am | Sport Step with Kris |
| 9:30am-10:30am | Spin with Mona |
| 9:30am-10:30am | Yoga Level 1 & 2 with Gloria |
| 9:30am-10:30am | Mat Pilates with Eileen |
| 10:45am-11:30am | Zumba with LouAnn |

Katz JCC, Cherry Hill

Betty and Milton Katz
JEWISH
COMMUNITY
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JCC



Independence Day Weekend Schedule



Sunday, July 4

Health & Wellness: 8 am-4 pm

Imaginarium & Playgrounds: 8 am-3:45 pm

Cherry Hill & Medford Pools: 12-6 pm

MEMBER APPRECIATION POOL PARTY

FREE FOR ALL JCC MEMBERS / Non-Member Guest Fees Apply

1-3 PM

JCC Camps at Medford Swim Club
FOOD • FUN • IT TAKES 2 ENTERTAINMENT • PRIZES • AND MORE!

RSVP: KATZJCC.ORG/POOLPARTY

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