


# Group Fitness Classes – FREE with Membership @ Jacksonville Community Center

5 Municipal Drive, Jacksonville, AR. 72076 – 501.982.4171

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45am Cardio Sculpt	9:00-9:45am Young At Heart	9:00-9:45am Cardio Sculpt	9:00-9:45am Young At Heart	9:00-9:45am Cardio Sculpt		
10:00-10:45am SilverSneakers® Yoga Stretch	10:00-10:55am ZUMBA®	10:00-10:45am SilverSneakers®	10:00-10:55am ZUMBA®	10:00-10:45am SilverSneakers®		
						3:30-4:30pm Yoga
5:10-6:00pm Pilates	5:10-6:00pm Adv. Step	5:10-6:00pm Pilates	5:10-6:00pm Adv. Step			
6:10-7:00pm Pump It Up	6:10-7:00pm R.I.P.P.E.D™	6:10-7:00pm Insanity	6:10-7:00pm R.I.P.P.E.D™			
7:10-8:00pm ZUMBA®	7:10-8:00pm Yoga	7:10-8:00pm ZUMBA®	7:10-8:00pm Yoga			

Check with your physician before participating in any fitness program.

All classes scheduled are subject to change according to need, availability of instructors, enrollment levels, and other factors.

Every effort will be made to hold classes as scheduled. Changes to the schedule will be posted as soon as possible.

Schedule Effective Jan. 1, 2019 Rev.