

Group Fitness Classes – FREE with Membership @ Jacksonville Community Center

5 Municipal Drive, Jacksonville, AR. 72076 – dnovotny@cityofjacksonville.net – 501.982.4171

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-------------------------------|----------------------------------|-------------------------------|----------------------------------|----------|--------|
| 5:15-6:15am Boot Camp | 5:15-6:15am Boot Camp | 5:15-6:15am Boot Camp | 5:15-6:15am Boot Camp | 5:15-6:15am Boot Camp | | |
| 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® | | |
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| 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 R.I.P.P.E.D™ | | 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 | | | |
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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 October 2018