

# 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
5:15-6:00am Boot Camp	5:15-6:00am Boot Camp	5:15-6:00am Boot Camp	5:15-6:00am Boot Camp	5:15-6:00am Boot Camp	9:45-10:45am Boot Camp W/Tiffany	
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			
10:00-10:45am SilverSneakers® Stretch Fusion	10:00-10:55am Cardio Dance	10:00-10:45am SilverSneakers® Stretch Fusion	10:00-10:55am Cardio Dance			2:00-3:00pm Tabata HIIT
						3:30-4:30pm Yoga
5:10-6:00pm Pilates	5:10-6:00pm Glute&Core	5:10-6:00pm Pilates	5:10-6:00pm Anything Goes			
6:10-7:00pm Step	6:10-7:00pm Cardio Drum	6:10-7:00pm Step	6:10-7:00pm Cardio Drum			
7:10-8:00pm ZUMBA®	7:10-8:00pm Yoga		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 June 2023