

JCCC STUDENT WELLNESS FALL 2022 SCHEDULE

Classes start 9/6/22 – 11/22/22 Free Access for Students – Just Bring your Student ID

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am 10:00am		Werq 9:30-10:20am Anne (GYM007) 9/6-11/22		Abs & Core 9:30-10:00am Yoga 10:00-10:20am Tina (GYM007) 9/8-11/17	FITNESS FRIDAY: Fitness Challenges & New Workouts Posted in VSW
OPEN Weight ROOM		Weight Room Open 10:30am-11:50am Kory (GYM025) 9/6-11/22		Weight Room Open 10:30am-11:50am Kory (GYM025) 9/8-11/17	
12-2		Meditation & Mindfulness 12:00-12:50pm Sarah (GYM007) 9/6-11/22			
1pm	Hip Hop Fitness 1-1:50pm Jane (GYM007) 9/12-11/21				
OPEN Weight ROOM		Weight Room Open 6-9pm Kory (GYM025) 9/6-11/22		Weight Room Open 6-9pm Kory (GYM025) 9/8-11/17	

****Classes are subject to change****

CLASS LOCATIONS:

Gym 007 1st floor Gym Group Fitness Room

Gym 025 1st floor Gym Weight Room

VSW enroll @ jccc.edu/studentwellness

For more information, studentwellness@jccc.edu



Find us on Facebook & Twitter @JCCCfitcavs

Go to jccc.edu/studentwellness

to enroll in Virtual Student Wellness & to learn about other wellness opportunities

Fitness Center Hours (GYM103)

Mon-Thurs 6am-9:30pm Friday 6am-7pm Sat 6am-3pm Sun 1-5pm

