

JAMES C. KENNEDY  
Wellness Center

**GROUP FITNESS SCHEDULE via Zoom April 2020**

**Monday:** Modified HIIT Total Body workout with Jennifer @ 7 a.m.

Butts and Guts with Stephanie @ 5:30 p.m.

SHiNE with Stephanie @ 6:30 p.m.

**Tuesday:** TFITT with Jennifer @ 6 a.m.

Women on Weights (WOW) with Stephanie @ 7 a.m.

HIIT Cardio with Cruz @ 5:30 p.m.

**Wednesday:** Women on Weights (WOW) with Stephanie @ 7:00 a.m.

SHiNE with Stephanie @ 5:30 p.m.

**Thursday:** TFITT with Jennifer @ 6 a.m.

Bootcamp with Cruz @ 4:30 p.m.

**Friday:** It's Finally Friday Workout!

**Note:** The Friday workout will not be via Zoom, this will be recorded and posted on our James C. Kennedy Wellness page on Fridays. All other classes will be via Zoom.