

JRFC VIRTUAL WELLNESS SCHEDULE

Follow us on Instagram! Our virtual wellness programs will be LIVE each week. We will also be posting daily workouts, wellness tips, and challenges!



	MON	TUE	WED	THU	FRI
	9am: Yoga with Brian		9am: Yoga with Brian		9am: Yoga with Brian
		8am: Kickboxing & Strength with Daria		4pm: Core and More with Daria	
	3:30pm: Jungshin (Martial Arts) Fitness with Timaree		4:30pm: Pilates with Timaree		4pm: Tabata with Daria
		3pm: Pilates with Timaree			

ADDITIONAL OFFERINGS:



@_JRFC

Instagram:

"Daily Dose" of Wellness

Daily Workouts

Wellness Tips

At Home Recreational Programs

Ask the Personal Trainer

Ask the Dietitian

Jefferson Fitness and Recreation

Center City YouTube Channel

HIIT with Jillian

DIY Workout Equipment with Ange

Glutes & Core with Ange

Bootcamp with Timaree

Yoga with Brian

Pilates with Timaree

Yoga with Felicia & Alicia

<https://www.youtube.com/channel/UCbRJ-f5m88cnRNBdngu8zhg>