




# GROUP FITNESS NOVEMBER 29 - DECEMBER 5 SCHEDULE

**SUNDAY,  
NOVEMBER 29**  
8:00 am  
9:15 am  
9:30 am  
10:30 am  
10:30 am  
4:00 pm

Master Swim with Chris  
Zumba with Kevin  
Spin with Terri  
Mindfulness Yoga with Debbi   
Flow Yoga with Tanya  
Flow Yoga with Chinook


Indoor Pool  
**Hybrid Simulcast**  
Spin Studio  
Outdoor Studio  
**Hybrid Simulcast**  
Outdoor Studio

**MONDAY,  
NOVEMBER 30**  
6:00 am  
8:10 am  
8:45 am  
9:15 am  
10:00 am  
11:15 am  
5:30 pm  
6:00 pm  
7:00 pm

Spin with Ben  
Aqua Amp It Up with Theresa  
NIA with Brenda   
Spin on Demand  
Flow Yoga with Marco  
Dance Jam with Ernesto  
Harder Core & Cardio with Christy   
Spin with Barbara  
Hatha Stretch with Daniel


Spin Studio  
Indoor Pool  
Group Fitness Studio  
Spin Studio  
Group Fitness Studio  
**Live on J Connect**  
Outdoor Studio  
Spin Studio  
**Prerecorded on J Connect**

**TUESDAY,  
DECEMBER 1**  
6:00 am  
6:00 am  
8:15 am  
9:10 am  
9:15 am  
9:30 am  
10:30 am  
1:00 pm  
5:45 pm  
7:00 pm

Boot Camp with Christy  
Master Swim with Chris  
Flow Yoga with Marco  
Aqua HIIT with Sherry  
Strength Defined with Terri  
Gentle Yoga with Debbi  
Speedflex at Home HIIT with Jennifer  
LaBlast Dance for Active Seniors with Dusty   
Pilates Barre Fusion with Lynn  
Aqua HIIT with Debbie


Group Fitness Studio  
Indoor Pool  
Outdoor Studio  
Indoor Pool  
**Hybrid Simulcast**  
**Live on J Connect**  
**Live on J Connect**  
Group Fitness Studio  
**Live on J Connect**  
Indoor Pool

**WEDNESDAY,  
DECEMBER 2**  
6:00 am  
8:10 am  
9:15 am  
10:00 am  
1:00 pm  
5:30 pm  
5:30 pm  
6:45 pm

Spin with Christi  
Aqua Amp It Up with Sherry  
Spin with Barbara  
LaBlast Dance Class with Dusty  
Slow Flow Yoga with Debbi  
Camp Strength with Barbara  
Harder Core and Cardio with Christy   
Dance Jam with Diana



Spin Studio  
Indoor Pool  
Spin Studio  
**Live on J Connect**  
**Live on J Connect**  
Group Fitness Studio  
Outdoor Studio  
**Hybrid Simulcast**

**THURSDAY,  
DECEMBER 3**  
6:00 am  
9:10 am  
9:15 am  
1:00 pm  
5:30 pm  
7:00 pm

Master Swim with Chris  
Aqua HIIT with Debbie  
Strength with Terri  
BOOM Silver Sneakers with Cindy   
Boot Camp with Dresha  
Aqua HIIT with Marilyn


Indoor Pool  
Indoor Pool  
**Hybrid Simulcast**  
Group Fitness Studio  
Group Fitness Studio  
Indoor Pool

**FRIDAY,  
DECEMBER 4**  
6:00 am  
8:10 am  
8:15 am  
9:15 am  
10:00 am  
10:15 am  
10:30 am

Spin with Jennifer  
Aqua Zumba with Marilyn  
Mat Pilates with Helen   
Spin with Jennifer  
Dance Jam with Gina  
Flow Yoga with Barb   
Strength Defined with Anthony

Spin Studio  
Indoor Pool  
**Hybrid Simulcast**  
Spin Studio  
**Live on J Connect**  
Outdoor Studio  
**Live on J Connect**

**SATURDAY,  
DECEMBER 5**  
8:30 am  
10:10 am  
9:30 am  
9:30 am  
10:45 am  
11:00 am  
1:00 pm

Pilates Mat with Lynn  
Aqua HIIT with Marilyn  
Strive Strong Boot Camp with Barbara  
Spin with Christi/Simone  
Power Flow with Tanya/Adam  
Dance Jam with Krystal Jo  
Hatha Stretch with Daniel 

**Live on J Connect**  
Indoor Pool  
**Live on J Connect**  
Spin Studio  
**Live on J Connect**  
**Hybrid Simulcast**  
**Hybrid Simulcast**

## OUTDOOR FITNESS TEMPERATURE POLICY

If the temperature drops below 56°F, class will be moved to the indoor group fitness studio if it is available.

If the indoor studio is not available, please join us for the current scheduled class being offered in that studio space.

**LIVE ON J CONNECT** JOIN "JCC DALLAS GROUP FITNESS" ON FACEBOOK TO ACCESS J CONNECT STREAMED CLASSES!

**HYBRID SIMULCAST** JOIN US IN THE GROUP FITNESS STUDIO OR LIVE ON J CONNECT.

 MASKS ARE REQUIRED WHILE ATTENDING THIS CLASS.

COMING TO THE J FOR A CLASS? RESERVE YOUR SPOT ON THE SPIVI APP.

