


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.



GROUP FITNESS DECEMBER 6 - DECEMBER 12 SCHEDULE

SUNDAY, DECEMBER 6



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, DECEMBER 7


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 8


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 9

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 10



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 11


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 12

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 

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