SUNDAY
8:00-9:00  Indoo Pool Masters Swim / Chris
8:00-9:00  Group Fitness Row & Core / Cher
9:00-10:00 TRX Area Ben / Regina
9:15-10:15  Group Fitness Zumba 1st & 3rd Sundays / Ernesta 2nd Sunday / Aida 4th Sunday / Earl
9:30-10:30 Spin Studio Spinning / Terri
Tuesday
10:30-11:30  Group Fitness Mindfulness Yoga / Debbi
10:30-11:30  Mind Body Studio Flow Yoga / Maru
10:00-2:00  Mind Body Studio Hatha Stretch / Terry
4:00-5:00  Mind Body Studio Flow Yoga / Chinook
THURSDAY
6:00-7:00  Indoor Pool Master Swim / Chris
6:00-6:45  Group Fitness J FIT Bootcamp / Christy J
6:00-7:00  Masters Swim / Chris
7:00-8:00  Mind Body Studio Mat Pilates / Zohar
8:15-9:15  Mind Body Studio Athletic Flow Yoga / Maru
8:25-9:20  Group Fitness Retro Aerobics / Cindy
9:15-10:15  Dance Studio Hatha Stretch / Terry
9:25-10:25  Group Fitness Gentle Yoga / Debbi
9:30-10:30  Indoor Pool Aqua Zumba / Marilyn
SATURDAY
1:30-2:30pm
THURSDAY 11:00AM AND THURSDAYS 9:00AM
AQUA FITNESS

AQUA DEEP: A challenging deep water workout that provides strength and cardiovascular benefits. Participants use aqua joggers to maximize their deep water workout. (Students should feel comfortable in deep water.)

AQUA ZUMBA: This invigorating Zumba pool party integrates many different Latin rhythms to create a challenging and fun aqua workout. ditch the workout, come join the pool party.

“HIT” THE WATER: Challenge your fat-burning capacity with a high intensity Tabata aqua fitness interval training class.

“HIT” DEEP WATER: A total body interval workout performed in deep water. Improves overall fitness & strength levels.

AQUA AMPED UP: Class combines cardio conditioning, resistance training, and core strength. Take your aqua fitness workout to a new level.

MASTERS ADULT SWIM: Organized swim trains the four competitive strokes. Class is designed to improve efficiency.

PERFORMANCE TRAINING

BOID SQUAD: An 80s station cardio/strength-total body workout. Six stations focus on functional strength, two stations of rowing. You will be teamed up into squads creating a supportive and mega fun experience.

SPINNING INTRO: Never a winner unless first a beginner. If the idea of spinning is a little overwhelming, this class is designed for new participants. Learn how to make a spinning class a safe and productive exercise experience.

SPIN CORE FUSION: A 45 minute heart pumping indoor cycling ride topped off with a 15 minute core conditioning. Track your metrics from your first pedal stroke to your last crunch.

TRED-N-SHIRED: An interval training class performed on a treadmill. Intensity varies with speed, agility and angle of treadmill. Class finishes with a core strength segment.

SPINNING-SPINOPOWER: The 3 is evolving its spinning Indoor Cycling Program with its new fleet of “Spiner” Choros”. Power cycling bikes. The power-based strain gauge technology will provide an accurate measurement of burning calories and watts. Metrics displayed on Spin gamification leaderboard.

TRX INTRO: If you are a new member, please schedule a complimentary TRX orientation session with our fitness floor staff to get you aquatoned with TRX training.

TRX INTERMEDIATE: Suspension training builds muscle mass and endurance. Perform exercises, using body weight to create resistance.

ROW CORE (GROUP ROWING): Row your way to a fitter you. This class uses traditional rowing movements, and advanced interactive C2 technology to deliver a fun and engaging total body workout. Group rowing is appealing to all ages and levels of fitness.

TABATA TURN IT UP: Ready to burn more calories after exercising? Kick it, punch it and increase your metabolic rate amounting to better fitness. The class takes on several bouts of true Tabata sections.

BOX CIRCUIT: Strike, punch and kick your way to a new you. A boxing class which places emphasis on boxing techniques, delivered in a circuit interval format. Heavy bag punching, focus mitt and conditioning drills mix it up to blast away calories creating one big-time mega-workout.

STRENGTH TO THE CORE

STRENGTH DEFINED: A total body resistance training workout designed to challenge the entire body. Muscular strength and core conditioning packaged together to deliver a lean, sculpted body.

BARRELL CORE: This strength workout blends light to moderate resistance training with a high repetition count.

BARRELL BLENDS: Brief power segments of deep toning exercises that lift, tone, and blast away body fat. The Barrell Blends segments are integrated into several of our hybrid class formats.

SOMA MATRIX STRENGTH: The signature class designed by functional trainer expert Tve Bradley. Soma Matrix Strength is based on applied functional science-free weight training principles. Real life function delivers real life results.

FIT BOOT CAMP: Burn calories, tone-up, and fuel your energy.

STRIVE STRONG: A mixed cardio-strength total body circuit workout. Be ready to take on Sandbells. Weighted Body Bar and the innovative Strive Matrix equipment to go solo or full team.

KINSTRETIC: A mobility class designed to develop and improve flexibility. Class being offered at various times. Go online to see more information and schedule: jcddallas.org/specialty.

DANCE FITNESS

STRENGTH BY ZUMBA: Zumba’s newest format combines Zumba dance, body weight exercises and strength conditioners which are driven by music. Music is a part of the foundation which moves this class into high energy.

DANCE & JAM: A total body workout infused with all styles of dance such as Hip-Hop, Bollywood, disco and more. Dance, move, sweat, repeat.

NIA: A dance fitness class that combines modern dance, jazz, African and low impact into one fun exercise class.

ZUMBA: This dance fitness class uses a mix of Latin moves and international music to create a fun effective workout for all fitness levels. Dance experience is not necessary. Come join the party.

RETRO AEROBICS: Flashback to the 80’s for this high energy low-impact dance style class. Work out to your favorite retro tune by artist that made the decade so fun. Let’s get physical!

CLASSIC STEP-Sculpt: A dynamic and challenging aerobic step choreographed class. Step class is taught in a fun, innovative and logical progression of step patterns. Topped off with core sculpting exercises.

LINE DANCING: A fun calorie-blasting form of exercise that improves physical, mental and emotional wellness.

COMMUNITY CLASSES

Open to all fitness-minded people:

SPACE IS LIMITED ON CLASSES. JVP ONLINE AS SPECIFIED AT JCDALLAS.ORG/SPECIALTY

LETS ALL YOGA!


YOGA MEDITATION TRAINING: Class begins with light stretching before you settle in to a deeply relaxing savasana. Led by meditation expert Tve. Free. Tuesdays in February at 6:30pm.

Blinkidedged YOGA: By limiting our vision in this exploratory class, we get a heightened awareness of feeling of what are bodies are doing in space. Led by Barbell. $10 members/$15 non members. Sunday, January 6th @ 2:30pm.

Silent Nitro Float Yoga: A nitro float class that will focus on mental relaxation through physical and emotional connectivity while wearing a wireless headset for a powerful experience. Led by Barb Totacke. $10 members/$15 non members. Sunday, January 13th @ 2:30pm.

Silent Disco Black-Light Yoga: A regular flow class except you wear a wireless headset through which you hear the instructor and music. Wear fluorescent athletic gear to be illuminated by neon black lighting. Led by Marco DeKonstantes. $10 members/$15 non members. Sunday, January 13th @ 2:30pm.

Earth Day Congo Yoga: Celebrate Mother Earth in the grassy area outside the main entrance to the best of the congo drum - tapping your inner spirit for renewed energy! Led by Barb Totacke, Chinh-Nguyen, and Len Barrie on percussion. Free. Monday, April 22nd @ 10am.

FIGHT WINTER BLUES

Improves your Mood: Back to popular demand, energy in your mindset with sunlight vitamin D treatment, relax with a hand massage, and release with a deep stretch meditation, led by Barb Barrie and Karen Blankenship. Sunday, February 16th @ 17 @ 1:30pm.

VIVA SAMBA!

Brazilian Samba Workshop: Bring attitude to that month-long series of learning fundamentals of Brazilian samba dance. Class will cover carnival style music/chanting, footwork, and styling fundamentals for men and women. No partner needed. Led by nationally-ranked samba leaders Enrico Filandoso and Susan Filandoso. $40 members/$50 non members. Wednesdays in February at 7:30pm.

SPRING INTO MINDFULNESS

Mindfulness Workshop: Learn about mindful eating. Reap the benefits of a body scan meditation. Log your mindfulness moments and learn how to weave them for better wellbeing. Led by Debbi Levy. $10 members/$15 non members. Sunday, April 7th @ 2:30pm.

Sound Float Meditation: This multi-sensory floating aqua stimulation will rebalance your nervous system and promote wellbeing. Led by Marco & Tonya. $20 members/$25 non-members. Thursday, April 18th @ 8:00pm.