Move mindfully as you build core strength. Movement that is synchronized to breath. This class includes gentle yoga standing poses and

**Flow Yoga**
10:05 - 10:50 am (Group Fitness)

**Flow Yoga Chakra**
9:45 - 10:45 am (Tenergy Studio)

**Aqua Deep**
9:30 - 10:30 am (Indoor Pool)

**Flow Yoga**
8:15 - 9:15 am (Group Fitness)

**Gentle Yoga**
9:25 - 10:25 am (Group Fitness)

**Hatha Yoga**
7:00 - 8:00 am (Mind Body)

**Pilates Cardio Barre**
9:30 - 10:30 am (Indoor Pool)

**Hatha Stretch**
7:30 - 8:30 am (Mind Body)

**Flow Yoga Chakra Meditation**
9:45 - 10:45 am (Tenergy Studio)

**Aqua Amp It Up**
9:30 - 10:30 am (Indoor Pool)

**Vertigo Pilates Barre**
5:45 - 6:30 am (Group Fitness)

**Pilates Barre Blend**
6:00 - 7:00 am (Indoor Pool)

**Flow Yoga**
6:00 - 6:45 am (Group Fitness)

**Pilates Cardio Barre**
6:45 - 7:45 am (Group Fitness)

**ATHLETIC FLOW YOGA**
A cardio blending of dynamic yoga sequences. Rooted in Vinyasa, the movement patterns are used to evoke joy and confidence.

- **Tuesday, Oct. 22 @ 8:15 am**
- **Thursday, Nov. 28 @ 10:10 am**
- **Friday, Nov. 15 @ 10:15 am**
- **Thursday, Nov. 21 @ 8:25 am**
- **Saturday, Dec. 11 @ 10:25 am**
- **Thursday, Dec. 26 @ 10:25 am**

**WATER WARS**
A squad-team environment of H2O cross training circuit with battle rock challenges.

- **Thursday, Dec. 26 @ 10:25 am**
- **Thursday, Dec. 12 @ 10:25 am**
- **Friday, Nov. 25 @ 10:15 am**
- **Thursday, Nov. 18 @ 10:10 pm**

**VERTICAL PILATES BARRE**
This non-traditional format mixes Pilates, Intense Barre, Dance, and Core training. This fun, high-energy class focuses on alignment and core strength.

- **Thursday, Sept. 19 @ 8:25 am**
- **Friday, Oct. 25 @ 10:15 am**
- **Friday, Nov. 15 @ 10:15 am**
- **Thursday, Nov. 21 @ 8:25 am**
- **Thursday, Dec. 12 @ 10:25 pm**
- **Thursday, Dec. 26 @ 10:25 pm**

**CARDIO YOGA**
A cardio blasting of dynamic yoga sequences. Rooted in Vinyasa, the movement patterns are used to evoke joy and confidence.

**PILATES STICK:**
Aqua Stick workout with traditional Pilates Mat work.

**PILATES BARRE BLEND:**
A basic, intermediate ballet-inspired class blending Mat Pilates, modern dance conditioning, and isometric ballet barre.

**PILATES BARRE:/Cardio**
This intermediate-advanced class integrates the elements of Pilates, Ballet, and Cardio Barre. A challenging workout to tone the body and strengthen the core.

**PLATES STICKS:**
The Pilates Stick sculpting system fuses together a Pilates tower workout with traditional Pilates Mat work.

**FLOW YOGA CHAKRA:**
A multi-sensory power flow yoga class that uses illumi-colorized smart bulbs to provide an colored chakra mood vibe. Some classes end with deep stretch and meditation.

**VIRTUAL PILATES BARRE:**
Flowing dance sequences strike the perfect balance of non-traditional Pilates, intense Barre dance, and core training.
SEASON
THE RAFT
ROCK
fitness. The class takes on several bouts of true Tabata sections.
KICK IT, PUNCH IT and increase your metabolic rate amounting to better
TABATA TURN IT UP:
energizing total body workout. Group rowing is appealing to all ages.
ROW + CORE (GROUP ROWING):
TRX INTERMEDIATE:
SPINNING is a little overwhelming, this class is designed for new
SPINNING INTRO:
never a winner unless first a beginner. If the idea
BOD SQUAD:
An eight station cardio-strength total body workout. Six
The signature class designed by functional trainer expert Tre Bradley. Soma Matrix Strength is based on applied functional science-free weight training principles. Real life
SOMA MATRIX STRENGTH:
performance training and core strength. Take your aqua fitness workout to a new level.
AQUA AMP IT UP:
A dance fitness class that combines modern dance, jazz, African and
AQUA ZUMBA:
with a mix of Latin moves and
TODAY!
A total-body workout infused with all styles of dance such as hip-hop, Bollywood, disco and more. Dance, sweat, move, repeat.
DANCE & JAM:
A dance fitness class that combines modern dance, jazz, African and
DANCE CORE CONDITION:
A total body resistance training workout designed to challenge the entire body. Muscular strength and core
STRENGTH DEFINED:
A total body resistance training workout designed to challenge the entire body. Muscular strength and core
STRENGTH TO THE CORE
conditioning packaged together to deliver a lean, sculpted body.
BARRE BLENDS:
Aerobic step choreographed class. Step class is taught in a fun, innovative and logical
J CLASSIC STEP + SCULPT:
mothers that made the decade so fun. Let’s get physical!
ARTISTS THAT MADE THE DECADE:
This dance class combines varieties of dance and movement using the frequency as the main guide. Led by
SPECIALTY DANCE MOVES
Wednesdays, Oct. 30 & Nov. 6
7:45 - 8:45 pm
This dance class combines various elements of dance and movement using the frequency as the main guide. Led by
SOUND FLOAT MEDITATION
Thursday, November 14
8:00 - 9:00 pm
Blasting live music, meditation, and waves of warm water allows you to find a new meaning to inner calm. Limited
LOVING SOUND MEDITATION
Sunday, December 15
2:30 - 3:45 pm
Join Stefanie Tovar in a practice of Yoga sounds to cleanse body, mind, and spirit as we prepare for 2020. Get ready to
DO YOU STROOP?
Come to the J and get your Stroops group fit-
ness workout on! What is Stroops? It’s only the
hottest elastic product to hit the fitness market; elastic encased with a safety sleeve
called a Slastix. You will find variations of the Stroops product used in our Strive Strong
Boot Camp, Rowing, and Vertical Pilates Barre
classes.