

GROUP FITNESS JUNE 21 - 27 SCHEDULE

**SUNDAY,
JUNE 21**
9:00 am
9:00 am
9:30 am
10:00 am
10:15 am
4:30 pm

Boot Camp with Cher
Flow Yoga with Renee
Spin with Terri
Dance Jam with Ernesto
Gentle Yoga with Debbi
Flow Yoga with Tanya

In the Woods
Group Fitness Studio
Spin Studio
[Live on J Connect](#)
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Group Fitness Studio

**MONDAY,
JUNE 22**
6:00 am
7:45 am
8:30 am
9:15 am
10:00 am
5:45 pm
6:00 pm

Spin with Ben
Aqua Amp It Up with Theresa
Dance Barre with Kevin
Spin with Terri
Flow Yoga with Marco
Tabata Turn It Up with Regina
Spin with Barbara

Spin Studio
Outdoor Pool
Group Fitness Studio
Spin Studio
Group Fitness Studio
[Live on J Connect](#)
Spin Studio

**TUESDAY,
JUNE 23**
6:00 am
8:15 am
8:30 am
9:15 am
9:25 am
1:00 pm
5:45 pm
7:00 pm

Boot Camp with Christy
Flow Yoga with Marco
Sunrise Active Aging with Stephanie
Strenth Defined with Will
Gentle Yoga with Debbi
Flow Yoga with Barb
Pilates Barre Fusion with Lynn
Aqua HIIT with Debbie

In the Woods
Group Fitness Studio
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Group Fitness Studio
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[Live on J Connect](#)
[Live on J Connect](#)
Outdoor Pool

**WEDNESDAY,
JUNE 24**
6:00 am
7:45 am
8:15 am
9:15 am
8:30 am
10:00 am
1:00 pm
5:30 pm
6:45 pm

Spin with Christi
Aqua Amp It Up with Sherry
Athletic Yoga with Marco
Spin with Barbara
Strength to the Core with Christy
LaBlast Dance Class with Dusty
Slow Flow Yoga with Debbi
Camp Strength with Anthony
Dance Jam with Diana

Spin Studio
Outdoor Pool
Group Fitness Studio
Spin Studio
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Group Fitness Studio
Group Fitness Studio

**THURSDAY,
JUNE 25**
9:15 am
10:30 am
1:00 pm
5:45 pm
7:00 pm

Strength with Tre
Balletone with Lisa
Pilates Mat with Helen
Dance Jam with Diana
Aqua HIIT with Marilyn

Group Fitness Studio
Group Fitness Studio
[Live on J Connect](#)
Group Fitness Studio
Outdoor Pool

**FRIDAY,
JUNE 26**
6:00 am
7:45 am
9:15 am
9:45 am
10:00 am
10:30 am

Spin with Jennifer
Aqua Zumba with Marilyn
Spin with Jennifer
Flow Yoga with Barb
Dance Jam with Gina
Strength To The Core with Anthony

Spin Studio
Outdoor Pool
Spin Studio
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**SATURDAY,
JUNE 27**
9:30 am
10:45 am
4:00 pm

Boot Camp with Barbara
Flow Yoga with Tanya
Power Yoga with Adam

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