

# GROUP FITNESS AUG 30 - SEPT 5 SCHEDULE

## SUNDAY, AUGUST 30

8:00 am  
9:00 am  
9:15 am  
9:30 am  
10:15 am  
10:30 am  
1:00 pm  
4:00 pm

**Master Swim** with Chris  
**Aqua HIIT** with Theresa  
**Zumba** with Kevin  
**Spin** with Terri  
**Gentle Yoga** with Debbi  
**Flow Yoga** with Tanya  
**Meditation** with Will  
**Flow Yoga** with Chinook

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

## MONDAY, AUGUST 31


6:00 am  
7:45 am  
8:45 am  
9:15 am  
10:00 am  
5:45 pm  
6:00 pm  
7:00 pm

**Spin** with Ben  
**Aqua Amp It Up** with Theresa  
**NIA** with Brenda  
**Spin** with Terri  
**Flow Yoga** with Marco  
**Tabata Turn It Up** with Regina  
**Spin** with Barbara  
**Hatha Yoga Deep Stretch** with Daniel

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

## TUESDAY, SEPTEMBER 1

6:00 am  
6:00 am  
8:15 am  
9:15 am  
9:30 am  
10:30 am  
2:30 pm  
5:45 pm  
7:00 pm

**Boot Camp** with Christy  
**Master Swim** with Chris  
**Flow Yoga** with Marco  
**Strength Defined** with Will  
**Gentle Yoga** with Debbi  
**Speedflex at Home HIIT** with Jennifer  
**Dance Jam** with Ernesto   
**Pilates Barre Fusion** with Lynn  
**Aqua HIIT** with Debbie

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

## WEDNESDAY, SEPTEMBER 2

6:00 am  
7:45 am  
9:15 am  
10:00 am  
1:00 pm  
5:30 pm  
6:45 pm  
7:00 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 Anthony  
**Dance Jam** with Diana  
**Aqua HIIT** with Sherry

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

## THURSDAY, SEPTEMBER 3


6:00 am  
7:45 am  
9:15 am  
10:30 am  
5:45 pm  
7:00 pm

**Master Swim** with Chris  
**Pure Step** with Cindy  
**Strength** with Tre  
**Balletone** with Lisa  
**Boot Camp** with Dresha  
**Aqua HIIT** with Marilyn

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

## FRIDAY, SEPTEMBER 4

6:00 am  
7:45 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**  
**Outdoor Pool**  
**Hybrid Simulcast**  
**Spin Studio**  
**Live on J Connect**  
**Live on J Connect**  
**Live on J Connect**

## SATURDAY, SEPTEMBER 5

7:45 am  
8:30 am  
9:00 am  
9:30 am  
9:30 am  
10:45 am  
11:00 am  
1:00 pm

**Aqua HIIT** with Debbi  
**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 

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

**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.

**EXCITING NEWS! WE HAVE A NEW OUTDOOR STUDIO COMING SOON!**