

GROUP FITNESS AUGUST 9 - 15 SCHEDULE



**SUNDAY,
AUGUST 9**

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
Soma Energized 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 10**

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,
AUGUST 11**

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
Strenth 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
Group Fitness Studio
Live on J Connect
Live on J Connect
Hybrid Simulcast
Live on J Connect
Outdoor Pool

**WEDNESDAY,
AUGUST 12**

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,
AUGUST 13**

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,
AUGUST 14**

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,
AUGUST 15**

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 Karen

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.