

BEGINNING FEBRUARY 1ST ALL RESERVATIONS WILL BE MADE THROUGH THE NEW "MY J" APP!

GROUP FITNESS FEBRUARY 21 - FEBRUARY 27 SCHEDULE

SUNDAY, FEBRUARY 21

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

Master Swim with Chris  
Zumba with Kevin  
Spin with Terri  
Mindfulness Yoga with Debbi  
Flow Yoga with Tanya  
Flow Yoga with Chinook



Indoor Pool  
Hybrid Simulcast  
Spin Studio  
Outdoor Studio  
Hybrid Simulcast  
Outdoor Studio

MONDAY, FEBRUARY 22

6:00 am  
8:10 am  
8:45 am  
9:15 am  
10:00 am  
11:30 am  
5:30 pm  
6:00 pm  
7:00 pm

Spin with Ben  
Aqua Amp It Up with Theresa  
NIA with Brenda  
Spin on Demand  
Flow Yoga with Marco  
Zumba Dance Jam with Ernesto  
Harder Core & Cardio with Christy  
Spin with Barbara  
Hatha Stretch with Daniel



Spin Studio  
Indoor Pool  
Group Fitness Studio  
Spin Studio  
Group Fitness Studio  
Live on J Connect  
Group Fitness Studio  
Spin Studio  
Prerecorded on J Connect

TUESDAY, FEBRUARY 23

6:00 am  
6:00 am  
8:15 am  
9:10 am  
9:15 am  
9:30 am  
10:30 am  
1:00 pm  
5:30 pm  
5:45 pm  
7:00 pm

Boot Camp with Christy  
Master Swim with Chris  
Flow Yoga with Marco  
Aqua HIIT with Sherry  
Strength Defined with Terri  
Gentle Yoga with Debbi  
Speedflex at Home HIIT with Jennifer  
LaBlast Dance for Active Seniors with Dusty  
STRONG by Zumba with Diana  
Pilates Barre Fusion with Lynn  
Aqua HIIT with Debbie



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

WEDNESDAY, FEBRUARY 24

6:00 am  
8:10 am  
9:15 am  
10:00 am  
10:00 am  
1:00 pm  
5:30 pm  
6:45 pm

Spin with Christi  
Aqua Amp It Up with Sherry  
Spin with Barbara  
LaBlast Dance Class with Dusty  
YOGA CHISEL POP-UP CLASS with Marco  
Slow Flow Yoga with Debbi  
Camp Strength with Barbara  
Dance Jam with Diana

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

THURSDAY, FEBRUARY 25

6:00 am  
9:10 am  
9:15 am  
1:00 pm  
5:30 pm  
7:00 pm

Master Swim with Chris  
Aqua HIIT with Debbie  
Strength Defined with Terri  
BOOM Silver Sneakers with Stephanie  
Boot Camp with Dresha  
Aqua HIIT with Marilyn



Indoor Pool  
Indoor Pool  
Hybrid Simulcast  
Group Fitness Studio  
Group Fitness Studio  
Indoor Pool

FRIDAY, FEBRUARY 26

6:00 am  
8:10 am  
8:15 am  
9:15 am  
10:00 am  
10:15 am

Spin with Jennifer  
Aqua Zumba with Marilyn  
Mat Pilates with Helen  
Spin with Jennifer  
Dance Jam with Gina  
Slow Flow Yoga with Barb

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

SATURDAY, FEBRUARY 27

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

Pilates Mat with Lynn  
Strive Strong Boot Camp with Barbara  
Spin with Christi/Simone  
Power Flow with Adam  
Aqua HIIT with Marilyn  
Dance Jam with Krystal Jo  
Hatha Stretch with Daniel



Live on J Connect  
Live on J Connect  
Spin Studio  
Live on J Connect  
Indoor Pool  
Hybrid Simulcast  
Hybrid Simulcast

**POP-UP CLASS**  
Celebrate Heart Month

**YOGA CHISEL FEB. 24, 10 am**

Join yoga expert Marco Delossantos for a fun+ funky light-weight, light-flow calorie burning session that will fire up your muscle fibers.

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.

COMING TO THE J FOR A CLASS? RESERVE YOUR SPOT ON THE MY J APP.

