


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

GROUP FITNESS APRIL 4 - APRIL 10 SCHEDULE

SUNDAY, APRIL 4


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 Sound Bath with Debbi/Michael 
Flow Yoga with Tanya
Flow Yoga with Chinook

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

MONDAY, APRIL 5


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, APRIL 6

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, APRIL 7


6:00 am
8:10 am
9:15 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
Slow Flow Yoga with Debbi
Camp Strength with Barbara
Dance Jam with Diana

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

THURSDAY, APRIL 8

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, APRIL 9


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 Renee

Spin Studio
Indoor Pool
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Spin Studio
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Outdoor Studio

SATURDAY, APRIL 10

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

OUTDOOR STUDIO POLICY:

If the temperature is below 58 degrees or raining, we will move class to group fitness studio providing that studio is available. In addition, due to strong springtime breezes, we will discontinue streaming classes taught in the outdoor studio.

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.



GROUP FITNESS APRIL 11 - APRIL 17 SCHEDULE

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SUNDAY, APRIL 11

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

MONDAY, APRIL 12

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

TUESDAY, APRIL 13

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

WEDNESDAY, APRIL 14

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

THURSDAY, APRIL 15


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


FRIDAY, APRIL 16


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

SATURDAY, APRIL 17


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

Master Swim with Chris
Zumba with Kevin
Spin with Terri
Mindfulness Sound Bath with Debbi/Michael 
Flow Yoga with Tanya
Flow Yoga with Chinook


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

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

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 Barbara
Dance Jam with Diana

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

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

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 

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