


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

# GROUP FITNESS MAY 1 - MAY 8 SCHEDULE

## SUNDAY MAY 2


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 Flow & Bowls with Michael   
Flow Yoga with Tanya  
Flow Yoga with Chinook

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

## MONDAY MAY 3


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

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

## TUESDAY MAY 4

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 MAY 5


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 MAY 6

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 MAY 7

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  
Hybrid Simulcast  
Spin Studio  
Live on J Connect  
Outdoor Studio

## SATURDAY MAY 8

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

### SUNDAYS TRX RETURNS!

Beginning Sunday, May 16, 9:00-9:45 am in the outdoor studio, led by Regina!

**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 REQUIRED

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

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GROUP FITNESS APRIL 25 - MAY 1 SCHEDULE

SUNDAY  
APRIL 25

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 Flow & Bowls with Michael  
Flow Yoga with Tanya  
Flow Yoga with Chinook

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

MONDAY  
APRIL 26

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 27

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 28

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 29

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 30

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  
Hybrid Simulcast  
Spin Studio  
Live on J Connect  
Outdoor Studio

SATURDAY  
MAY 1

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

COMING IN JUNE! BACK BY POPULAR DEMAND!

ROCK THE RAFT is the back at the pool beginning in mid June! This is a fun way to get fit while floating on the water. If you've never tried it, be sure this is the summer you ROCK IT!

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