

GROUP FITNESS JULY 11 - JULY 17 SCHEDULE

ALL CLASS RESERVATIONS ARE RESERVED THROUGH THE "MY J" APP!

SUNDAY JULY 11

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

Master Swim with Chris
Aqua HIIT with Debbie
Zumba with Kevin
Spin with Terri
Mindfulness Flow & Bowls with Michael
Flow Yoga with Tanya
Flow Yoga with Chinook

Indoor Pool
Outdoor Pool
Hybrid Simulcast
Spin Studio
Tenergy Studio
Hybrid Simulcast
Group Fitness Studio

MONDAY JULY 12

6:00 am
7:45 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
Outdoor Pool
Group Fitness Studio
Spin Studio
Group Fitness Studio
Live on J Connect
Group Fitness Studio
Spin Studio

TUESDAY JULY 13


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

Boot Camp with Christy
Master Swim with Chris
Aqua HIIT with Sherry
Flow Yoga with Marco
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
Power Flow with Adam
Aqua HIIT with Debbie

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

WEDNESDAY JULY 14

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 Barbara
Dance Jam with Diana
Rock the Raft with Jen \$

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

THURSDAY JULY 15


6:00 am
7:45 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
Outdoor Pool
Hybrid Simulcast
Group Fitness Studio
Group Fitness Studio
Outdoor Pool

FRIDAY JULY 16

6:00 am
7:45 am
8:15 am
8:30 am
9:15 am
9:15 am
10:15 am

Spin with Jennifer
Aqua Zumba with Marilyn
Mat Pilates with Helen
Classic Step & Sculpt with Cindy
Spin with Jennifer
Zumba Dance Jam with Gina 
Slow Flow Yoga with Renee

Spin Studio
Outdoor Pool
Hybrid Simulcast
Group Fitness Studio
Spin Studio
Group Fitness Studio
Group Fitness Studio

SATURDAY JULY 17

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

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

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

WEDNESDAY 7PM: Reserve Rock the Raft @ jccdallas.org/rocktheraft

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 JULY 18 - JULY 24 SCHEDULE

SUNDAY
JULY 18

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

Master Swim with Chris
Aqua HIIT with Debbie
Zumba with Kevin
Spin with Terri
Mindfulness Flow & Bowls with Michael
Flow Yoga with Tanya
Flow Yoga with Chinook

Indoor Pool
Outdoor Pool
Hybrid Simulcast
Spin Studio
Tenergy Studio
Hybrid Simulcast
Group Fitness Studio

MONDAY
JULY 19

6:00 am
7:45 am
8:45 am
9:15 am
9:15 am
10:00 am
11:30 am
1:00 pm
5:30 pm
6:00 pm

Spin with Ben
Aqua Amp It Up with Theresa
NIA with Brenda
Spin on Demand
COMING SOON: J Barre with Gina
Flow Yoga with Marco
Zumba Dance Jam with Ernesto
BEGINS AUG 2: Tai Chi with Vivica
Harder Core & Cardio with Christy
Spin with Barbara

Spin Studio
Outdoor Pool
Group Fitness Studio
Spin Studio
Mind Body Studio
Group Fitness Studio
Live on J Connect
Group Fitness Studio
Group Fitness Studio
Spin Studio

TUESDAY
JULY 20

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

Boot Camp with Christy
Master Swim with Chris
Aqua HIIT with Sherry
Flow Yoga with Marco
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
Power Flow with Adam
Aqua HIIT with Debbie

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

WEDNESDAY
JULY 21

6:00 am
7:45 am
9:15 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
COMING SOON: LA Blast Dance with Dusty
LaBlast Dance Class with Dusty
Slow Flow Yoga with Debbi
Camp Strength with Barbara
Dance Jam with Diana
Rock the Raft with Jen

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

THURSDAY
JULY 22

6:00 am
7:45 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
Outdoor Pool
Hybrid Simulcast
Group Fitness Studio
Group Fitness Studio
Outdoor Pool

FRIDAY
JULY 23

6:00 am
7:45 am
8:15 am
8:30 am
9:15 am
9:15 am
10:15 am

Spin with Jennifer
Aqua Zumba with Marilyn
Mat Pilates with Helen
Classic Step & Sculpt with Cindy
Spin with Jennifer
Zumba Dance Jam with Gina
Slow Flow Yoga with Renee

Spin Studio
Outdoor Pool
Hybrid Simulcast
Group Fitness Studio
Spin Studio
Group Fitness Studio
Group Fitness Studio

SATURDAY
JULY 24

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

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

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

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