

GROUP FITNESS WINTER 2023 - 2024



SAT

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

SUNDAY

7:15 am
8:30 am
9:00 am
9:15 am
9:30 am
10:15 am
10:30 am
10:30 am
1:00 pm
4:00 pm

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

6:00 am
6:00 am
8:15 am
9:10 am
9:15 am
9:30 am
10:45 am
12:05 pm
1:00 pm
1:00 pm
5:30 pm
5:30 pm
6:45 pm
7:00 pm
8:00 pm

6:00 am
8:00 am
8:10 am
8:15 am
8:30 am
9:15 am
9:15 am
9:15 am
10:10 am
10:15 am
11:00 am
1:00 pm
1:05 pm
5:30 pm
5:30 pm
5:30 pm
6:00 pm
6:45 pm

6:00 am
6:00 am
9:10 am
9:15 am
9:30 am
1:00 pm
1:05 pm
5:30 pm
6:45 pm
7:00 pm
8:00 pm

6:00 am
8:10 am
8:15 am
8:15 am
8:30 am
9:15 am
9:15 am
10:15 am
11:30 pm
12:05 pm
1:00 pm

8:00 am
9:10 am
9:30 am
9:30 am
11:00 am
11:45am
1:00 pm

Master Swim with Chris
Aqua HIIT with Debbie
TRX with Cher/Christi
Zumba with David
Spin with Terri
Speedflex with Cher/Christi
Flow Yoga with Tanya
Mindfulness Yoga Sound Bath with Marketa
Hatha Stretch with Terry
Flow Yoga with Mari

Spin with Ben
Aqua Amp It Up with Theresa
Speedflex with Jennifer
NIA with Brenda
J Barre with Gina
Spin on Demand
Flow Yoga with Marco
Aqua Yoga with Sherry
Tai Chi with Vivica
Prop Yoga with Debbi
Harder Core & Cardio with Christy
Spin with Barbara
Zumba with David

J Fit Boot Camp with Christi
Master Swim with Chris
Flow Yoga with Marco
Aqua HIIT with Sherry
Strength Defined with Terri & Jen
Mindfulness Yoga with Debbi
Mat Pilates with Natalie
Aqua Yoga with Nancy
LA Blast Dance for Active Agers with Dusty
Hatha Stretch with Terry
Pilates Barre Fusion with Lynn
STRONG by Zumba with Diana
Power Flow with Adam
Aqua HIIT with Debbie
Hatha Stretch with Terry

Spin with Christi
Raise the Bar with Cindy
Aqua Amp It Up with Sherry
Mat Pilates with Natalie
Speedflex with Jennifer
Strive Strong with Christy
Spin with Barbara
J Barre with Marco
La Blast Dance with Dusty
Stretch & Restore Yoga with Marco
Aqua Yoga with Sherry
Slow Flow Yoga with Debbi
Speed Flex with Melanie
Camp Strength with Barbara
Pilates Prop Fusion with Lynn
Speedflex with Diana
Spin with Bob
Dance Jam with Diana

Masters Swim with Chris
Speedflex with Christi
Aqua HIIT with Debbie
Strength Defined with Terri & Jen
Mindfulness Yoga with Debbi
Boom Silver Sneakers with Stephanie
Stretch & Restore Yoga with Renee
TRX with Regina
Power Flow with Mari
Aqua HIIT with Marilyn
Hatha Stretch with Terry

Spin with Jennifer
Aqua Groove with Marilyn
Classic Step & Sculpt with Cindy
Mat Pilates with Lynn
Speedflex with Melanie
Spin with Jennifer
Zumba Dance Jam with Gina
Fun Friday Flow Yoga with Renee
Deep stretch & Restore with Renee
Aqua Yoga with Laura
Boom Silver Sneakers with Cindy

Step with Cindy
HIIT The Water with Marilyn
Strive Strong Boot Camp with Barbara
Spin with Christi/Simone
Dance Jam with Krystal Jo
Stretch & Breath Yoga with Tanya
Deep Stretch & Breath Yoga with Tanya

Indoor Pool
Indoor Pool
TRX Area
Group Fitness Studio
Spin Studio
SpeedFlex Studio
Mind Body Studio
Tenergy
Mind Body Studio
Mind Body Studio

Spin Studio
Indoor Pool
SpeedFlex Studio
Group Fitness Studio
Mind Body Studio
Hybrid Simulcast
Mind Body Studio
Warm Water Pool
Group Fitness Studio
Mind Body Studio
Group Fitness Studio
Spin Studio
Group Fitness Studio

Group Fitness Studio
Indoor Pool
Mind Body Studio
Indoor Pool
Group Fitness/Hybrid
Mind Body Studio
Mind Body Studio
Warm Water Pool
Group Fitness Studio
Mind Body Studio
Mind Body Studio
Group Fitness/Hybrid
Mind Body Studio
Indoor Pool
Mind Body Studio

Spin Studio
Group Fitness Studio
Indoor Pool
Mind Body Studio
SpeedFlex Studio
Group Fitness Studio
Spin Studio
Group Fitness Studio
Group Fitness/Hybrid
Mind Body Studio
Warm Water Pool
Mind Body Studio
Speed Flex Studio
Group Fitness Studio
Mind Body Studio
SpeedFlex Studio
Spin Studio
Group Fitness/Hybrid

Indoor Pool
Speedflex Studio
Indoor Pool
Group Fitness/Hybrid
Mind Body Studio
Group Fitness Studio
Mind Body Studio
TRX Area
Mind Body Studio
Indoor Pool
Mind Body Studio

Spin Studio
Indoor Pool
Mind Body Studio/Hybrid
Mind Body Studio
Speed Flex Studio
Spin Studio
Group Fitness Studio
Mind Body Studio
GF Studio Hybrid
Warm Water Pool
Group Fitness Studio

Group Fitness Studio
Indoor Pool
Group Fitness Studio
Spin Studio
Group Fitness/Hybrid
Mind Body Studio
Mind Body Studio

AQUA FITNESS

Aqua Yoga: This class uses principles of yoga and Tai chi adapting to a warm water environment.

J Masters Adult Swim: Organized swim trains the four competitive strokes. Class is designed to improve efficiency.

Aqua Amp It Up: Class combines cardio conditioning, resistance training and core strength. Take your aqua fitness to a new level.

Aqua HIIT the Water: Challenge your fat-burning capacity with a high intensity Tabata aqua fitness interval training class.

Aqua Groove: Get your groove on in Marilyn's aqua pool class. This class integrates fun groovy aqua moves and tops the class off with pure aqua strength.

PERFORMANCE TRAINING

Camp Strength: Muscular strength and core conditioning packaged together to deliver an amazing class experience.

TRX: Suspension training builds muscle mass and endurance. Perform exercises using body weight to create resistance.

Spinning: Jump on one of our new Spin bikes and get ready to ride. Our new bikes provide state of the art strain gage technology that provide accuracy when it comes to burning calories and watts. Plus, metrics displayed on our gamification leaderboard.

Spin On Demand: A virtual-led indoor cycling class held in the Spinning studio.

Speedflex: Suitable for anyone of any age or any level of fitness. Speedflex enables everyone to exercise at high intensities but at levels set by each individual. Approximately 30 minutes of high intensity, low impact, multi-functional safe workout. Go to Spivi app to reserve your spot.

DANCE FITNESS

Zumba: A dance fitness class that uses a mix of Latin moves and international music to create a fun effective workout for all levels. No dance experience is necessary.

NIA: A dance fitness class that combines modern dance, jazz, African and low impact into one fine exercise class.

LaBlast Dance: Customize dance fitness routine full of function and fun. From Disco, Samba, Rumba, Salas and more.

Dance Zumba Jam: A total body workout infused with all styles of dance. Zumba, Bollywood, hip-hop, Latin and more. Dance, sweat, move, and repeat.

Classic Step & Sculpt: A step class taught in a fun progression of logical step patterns.

Boom Silver Sneakers: A heart healthy low impact cardio workout designed for the active agers.

CONNECT - RESTORE - MIND & BODY

Flow Yoga: A gentle series of soft yoga movements that flow between poses with each breath.

Mindfulness Yoga Sound Bath: Move mindfully as you build core strength and turn on t the sweet sounds of crystal bowls to revitalize your spirit.

Hatha Stretch: A yoga class that explores postures with hands on adjustments and teacher dialog.

J Barre: J barre is inspired by ballet, dance, and core stability exercises. This upbeat workout tones the body and paces you for an active lifestyle.

Tai Chi: A series of gentle movements and stretches providing a felling of meditation in motion.

Prop Yoga: Blocks, straps and rings are used to open and deepen areas of the body that need being stretched.

Mindfulness Yoga: Move mindfully as you build core strength and find pathways to being in the moment.

Slow Flow Yoga: A gentle series of soft yoga movements that flow at a slow rate between each movement.

Deep Stretch & Breath Yoga: Unwind release and tension while reflecting on body alignment. We will use breath to connect physically and mentally while holding deep stretch yoga poses.

Power Flow: Vinyasa flow class with one breath one movement yoga sequences.

Plates Barre Fusion: An intermediate ballet inspired class blending Mat Pilates, dance conditioning and isometric ballet barre.

Mat Pilates: Strengthens, lengthens, and tones the body through mat exercises creating your power center.

Pilates Prop Fusion: Use a variety of small pilates equipment used to level up your workout.

Stretch & Restore Yoga: Delve into deep stretch techniques. Treat your body to a whole lot of self care.

STRONG TO THE CORE

Harder Core & Cardio: A mixed cardio-strength total body workout

J Fit Boot Camp: Burn calories, tone up and fuel your energy.

Strength Defined: A resistance training workout designed to challenge the entire body. Muscular strength and core conditioning packaged together to deliver a lean sculpted body.

Strong by Zumba: A Zumba designed format that combines body weight exercises and strength conditioners driven by music.

Raise the Bar: This strength workout blends light resistance training with high repetition count.

Strive Strong Boot Camp: Cardio strength total body workout. Uses the innovative Stroops equipment to provide a series functional workout.

Notes:

Please bring your personal workout mat. Classes are subject to instructor change.

Classes with low participation are subject to cancellation. Weather and holidays can disrupt schedules.