

GROUP FITNESS WINTER 2023 - 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
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 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 Speedfex 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 Power Flow Yoga with Debbi 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 Mind Body Studio Group Fitness/Hybrid Mind Body Studio Warm Water Pool Mind Body 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 Group Fitness Studio Mind Body Studio/Hybrid Speedflex Studio Spin Studio Group Fitness Studio Mind Body Studio Mind Body Studio 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

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

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.