

GROUP FITNESS FALL 2025



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	6:00 am 8:10 am 8:30 am 8:45 am 9:15 am 9:15 am 10:15 am 11:05 am 1:00 pm 1:00 pm 5:30 pm 6:00 pm 6:30 pm 6:50 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 6:00 pm 6:45 pm 7:10 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 11:05 am 1:00 pm 5:30 pm 5:30 pm 5:30 pm 6:00 pm 6:30 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 5:30 pm 7:10 pm 8:00 pm	6:00 am 8:10 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 1:00 pm	8:15 am 9:10 am 9:30 am 9:30 am 10:30 am 11:00 am 11:45 am 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 Renee Sound Bath with Marketa Strong Nation Cardio Strength with David Hatha Yoga Stretch with Terry	Spin with Jason Hydro Hustle with Laura SpeedFlex with Jennifer NIA Dance with Brenda J Barre with Gina Spin on Demand Flow Yoga with Renee Aqua Yoga with Tanya Tai Chi with Vivica Prop Yoga with Debby Sweat & Steel with Christy Spin with Barbara Dance Sweat & Move with Dusty Stretch Express with Barbara	J Fit Boot Camp with Christi Master Swim with Chris Flow Yoga with Jennifer Aqua HIIT with Melanie Strength Defined with Terri & Jen Mindfulness Yoga with Debby Mat Pilates with Natalie Aqua Yoga with Nancy LA Blast Dance with Dusty Hatha Yoga Stretch with Terry Pilates Barre Fusion with Lynn J Boxfit Equipment Based with Eric Power Flow with Adam Aqua HIIT with Debbie Hatha Yoga Stretch with Terry	Spin with Christi Barbells Reps & Sets with Cindy Hydro Hustle with Cyndi Mat Pilates with Gina Speedflex with Jennifer Sweat & Steel with Christy Spin with Barbara J Barre with Marco La Blast Dance with Dusty Stretch & Restore Yoga with Marco Aqua Yoga with Tanya Core Balance Yoga with Debby Peak Performance with Barbara Pilates Prop Fusion with Lynn Speedflex with Diana Spin with Bob Dance Sweat & Move with Diana	Master Swim with Chris Speedflex with Christi Aqua HIIT with Debbie Strength Defined with Terri & Jen Mindfulness Yoga with Debby Boom Silver Sneakers with Stephanie Stretch & Restore Yoga with Renee TRX with Regina Power Flow with Tanya Aqua HIIT with Marilyn Hatha Yoga Stretch with Terry	Spin with Jennifer Aqua Groove with Marilyn Classic Step with Cindy Mat Pilates with Lynn Speedflex with Melanie Spin with Jennifer Dance Sweat & Move with Gina Fun Friday Flow Yoga with Renee Deep Stretch & Restore with Renee Aqua Yoga with Laura Boom Silver Sneakers with Cindy Mat Pilates with Natalie	Step with Christy HIIT The Water with Marilyn Squad Strong with Barbara Spin with Christi/Simone Flow Yoga with Tanya Dance Sweat & Jam with Krystal Jo Yoga Stretch & Breath with Tanya Deep Stretch & Restore Yoga with Tanya
Indoor Pool Outdoor Pool TRX Area Group Fitness Studio Spin Studio SpeedFlex Studio Mind Body Studio Pilates Studio Group Fitness Studio Mind Body Studio	Spin Studio Outdoor 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 Mind Body Studio	Group Fitness Studio Indoor Pool Mind Body Studio Outdoor Pool Group Fitness/Hybrid Mind Body Studio Mind Body Studio Warm Water Pool Group Fitness Studio Mind Body Studio Mind Body Studio Group Fitness Studio Mind Body Studio Outdoor Pool Mind Body Studio	Spin Studio Group Fitness Studio Outdoor Pool Mind Body Studio SpeedFlex Studio Group Fitness Studio Spin Studio Group Fitness Group Fitness Studio 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 Outdoor Pool Group Fitness/Hybrid Mind Body Studio Group Fitness Studio Mind Body Studio TRX Area Mind Body Studio Outdoor Pool Mind Body Studio	Spin Studio Outdoor 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 Mind Body Studio	Group Fitness Studio Outdoor Pool Group Fitness Studio Spin Studio Mind Body Studio Mind Body Studio
Lvl - 1,2,3 Lvl - 2,3 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2,3 Lvl - 2,3 Lvl - 1,2 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2	Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2,3 Lvl - 2,3 Lvl - 1,2 Lvl - 1,2 Lvl - 2,3 Lvl - 2,3 Lvl - 1,2,3 Lvl - 2,3 Lvl - 1,2,3 Lvl - 2,3 Lvl - 1,2,3	Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 2,3 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2 Lvl - 1,2 Lvl - 1,2 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2	Lvl - 1,2,3 Lvl - 1,2 Lvl - 1,2,3 Lvl - 2,3 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3	Lvl - 1,2,3 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2	Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 2,3 Lvl - 1,2 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3	Lvl - 2,3 Lvl - 1,2,3 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2 Lvl - 1,2 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3 Lvl - 1,2,3

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

AQUA FITNESS CATEGORY

Aqua Yoga- Gentle Yoga poses performed in a warm water pool to improve balance, flexibility, and relaxation. Levels 1,2

J Masters Swim- A coached swim workout designed to build endurance, technique and speed. Levels 1,2,3

Hydro Hustle- High energy aquatic cardio using water resistance for a full body workout. Levels 1,2,3

Aqua HIIT the Water- A high - intensity interval training class in the pool to torch calories with less joint impact. Levels 2,3

Aqua Groove- Dance-inspired water fitness set to music for a fun, full body water workout. Levels 1,2,3

PERFORMANCE TRAINING - STRENGTH-SPEED-POWER

J Box Fit- A high-energy boxing inspired equipment-based workout combining punches, footwork, and conditioning for a full body sweat session. Levels 1,2,3

Peak Performance- A high intensity training class designed to maximize strength, speed, and endurance for total athletic conditioning. Levels 1,2,3

TRX- Suspension training that uses your body weight to develop strength, balance and core stability. Levels 2,3

Spinning- Indoor cycling rides through climbs, sprints, and intervals to boost endurance and burn calories. Levels 1,2,3

Speed Flex- Fast paced strength and cardio circuits using dynamic resistance equipment. Levels 1,2

DANCE FITNESS

Zumba- Latin inspired dance fitness party combining fun, rhythms and heart pumping cardio. Levels 1,2,3

NIA- A fusion of dance, martial arts and mindfulness that encourages expressive movement and joy. Levels 1,2

La Blast Dance- Ballroom based dance fitness using easy-to-follow patterns and upbeat music-minus a dance partner. Levels 1,2

Dance Sweat & Move- A high energy dance class that fuses choreography, cardio and fun. Levels 2,3

Classic Step & Sculpt- Step aerobics mixed with strength training for a complete cardio and toning session. Levels 1,2

Boom Silver Sneakers- Low impact strength, cardio, and balance work tailored for active aging adults. Levels 1,2

YOGA INSPIRED - MIND & BODY

Flow Yoga- A dynamic yoga class linking breath to movement for strength, flexibility, and calmness. Levels 2,3

Mindfulness Yoga- Gentle poses blended with breath and meditation to foster awareness and peace. Levels 1,2

Hatha Yoga Stretch- Classic yoga postures and deep stretching to improve flexibility and posture. Levels 1,2

Prop Yoga- Yoga with blocks and straps to enhance alignment and support. Levels 2,3

Sound Bath- A deep stretch and meditation experience using soothing sound vibrations to promote deep stretch and relaxation. Levels 1,2,3

J Barre- Ballet and Core inspired workout focusing on small, controlled movements to sculpt and tone. Levels 2,3

Tai Chi- A flowing, low-impact martial arts promote balance, coordination and inner calm. Levels 1, 2

Core Balance Yoga- A yoga practice that targets core strength and stability while improving balance, posture, and body awareness. Levels 2, 3

Deep Stretch & Breath Yoga- A soothing blend of deep stretching and restorative poses for recovery and renewal. Levels 1,2,3

Power Flow Yoga- An energizing yoga flow building strength, flexibility, and stamina. Levels 2,3

Pilates Barre Fusion- A fusion of Pilates core work and barre toning to strengthen and stabilize. Levels 1,2,3

Mat Pilates- A core-focused mat workout improving posture, strength and flexibility. Levels 2,3

Deep Stretch and Restore Yoga- A soothing blend of deep stretching and restorative poses for recovery and renewal. Levels 1,2,3

CORE CONTROL - STRONG TO THE CORE

Sweat & Steel- A fierce combination of strength training and sweat-drenched cardio. Levels 2,3

J Fit Boot camp- High Intensity training designed to challenge your strength, agility and grit.

Strength Defined- A focused strength training class using weights, sand bells, kettlebells, paired with balance challenges to build functional strength and a sculpted physique. Levels 1,2,3

Barbells Reps and Sets- Classic barbell training targeting all major muscle groups with structured reps and sets. Levels 1,2

Strong Nation Cardio Strength- Body weight and plyometric intervals synced to music for full-body strength and cardio. Levels 2, 3

Squad Strong- Team based strength and cardio training that build power, motivation and community. Levels 1,2,3

Level 1 - Starter Zone - Newbies Welcome - A great intro space

Level 2 - Striver Zone - Pick up your pace and challenge yourself.

Level 3 - Warrior Zone - No limits, go all in.