

GROUP FITNESS SPRING 2026



SUNDAY

7:15 am	Master Swim with Chris
8:30 am	Aqua HIIT with Debbie
9:00 am	TRX with Grace
9:15 am	Zumba with David
9:30 am	Spin with Terri
10:15 am	Speedflex with Cher/Christi
10:30 am	Flow Yoga with Renee
10:30 am	Gentle Yoga & Sound with Marketa
10:30 am	Strong Nation Cardio Strength with David
1:00 pm	Hatha Yoga Stretch with Terry

Indoor Pool
Outdoor Pool
Fitness Floor
Group Fitness Studio
Spin Studio
SpeedFlex Studio
Dance Studio
Fruhman B
Group Fitness Studio
Dance Studio

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MONDAY

6:00 am	Spin with Jason
8:10 am	Hydro Hustle with Laura
8:30 am	Speedflex with Jennifer
8:45 am	NIA Dance with Brenda
9:15 am	J Barre with Gina
9:15 am	Spin on Demand
10:15 am	Flow Yoga with Renee
11:05 am	Aqua Yoga with Tanya
11:30 am	Tai Chi with Vivica
1:00 pm	Prop Yoga with Debbi
5:30 pm	Sweat & Steel with Christy
6:00 pm	Spin with Barbara
6:30 pm	Dance Sweat & Move with Dusty
6:50 pm	Stretch Express with Barbara

Spin Studio
Outdoor Pool
SpeedFlex Studio
Group Fitness Studio
Dance Studio
Hybrid Simulcast
Group Fitness Studio
Warm Water Pool
Group Fitness Studio
Group Fitness Studio
Group Fitness Studio
Spin Studio
Group Fitness Studio
Spin Studio

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TUESDAY

6:00 am	J Fit Boot Camp with Christi
6:00 am	Master Swim with Chris
8:15 am	Flow Yoga with Jennifer
9:10 am	Aqua HIIT with Melanie
9:15 am	Strength Defined with Terri & Jen
9:30 am	Mindfulness Yoga with Debbi
10:45 am	Pilates Edge with Natalie
12:05 pm	Aqua Yoga with Nancy
1:00 pm	LA Blast Dance with Dusty
1:00 pm	Hatha Yoga Stretch with Terry
5:30 pm	Pilates Barre Fusion with Lynn
6:00 pm	J BoxFit Equipment Based with Eric
6:45 pm	Power Flow with Tanya
7:10 pm	Aqua HIIT with Debbie
8:00 pm	Hatha Yoga Stretch with Terry

Group Fitness Studio
Indoor Pool
Dance Studio
Outdoor Pool
Group Fitness/Hybrid
Dance Studio
Group Fitness Studio
Warm Water Pool
Group Fitness Studio
Fruhman B
Dance Studio
Group Fitness Studio
Dance Studio
Outdoor Pool
Group Fitness Studio

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WEDNESDAY

6:00 am	Spin with Christi
8:00 am	Barbells Reps & Sets with Cindy
8:10 am	Hydro Hustle with Cyndi
8:15 am	Mat Pilates with Gina
8:30 am	Speedflex with Jennifer
9:15 am	Sweat & Steel with Christy
9:15 am	Spin with Barbara
9:15 am	J Barre with Marco
10:10 am	La Blast Dance with Dusty
10:15 am	Stretch & Restore Yoga with Marco
11:05 am	Aqua Yoga with Tanya
1:00 pm	Core Balance Yoga with Debbi
5:30 pm	Peak Performance with Barbara
5:30 pm	Pilates Prop Fusion with Lynn
5:30 pm	Speedflex with Diana
6:00 pm	Spin with Bob
6:30 pm	Dance Sweat & Move with Diana

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Dance Studio
SpeedFlex Studio
Spin Studio
Group Fitness/Hybrid

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THURSDAY

6:00 am	Master Swim with Chris
6:00 am	Speedflex with Christi
9:10 am	Aqua HIIT with Debbie
9:15 am	Strength Defined with Terri & Jen
9:30 am	Mindfulness Yoga with Debbi
1:00 pm	Boom Silver Sneakers with Stephanie
1:05 pm	Stretch & Restore Yoga with Renee
5:30 pm	TRX with Regina
5:30 pm	Power Flow with Tanya
7:10 pm	Aqua HIIT with Marilyn
8:00 pm	Hatha Yoga Stretch with Terry

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FRIDAY

6:00 am	Spin with Jennifer
8:10 am	Aqua Groove with Marilyn
8:15 am	Classic Step with Cindy
8:15 am	Mat Pilates with Lynn
8:30 am	Speedflex with Melanie
9:15 am	Spin with Jennifer
9:15 am	Dance Sweat & Move with Gina
10:15 am	Fun Friday Flow Yoga with Renee
11:30 pm	Deep Stretch & Restore with Renee
12:05 pm	Aqua Yoga with Laura
1:00 pm	Boom Silver Sneakers with Cindy
1:00 pm	Mat Pilates Edge with Natalie

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SAT

8:15 am	Step with Christy
9:10 am	HIIT The Water with Marilyn
9:30 am	Squad Strong with Barbara
9:30 am	Spin with Christi/Simona
10:30 am	Flow Yoga with Tanya
11:00 am	Dance Sweat & Jam with Krystal Jo
11:45 am	Yoga Stretch & Breath with Tanya
1:00 pm	Deep Stretch & Restore Yoga with Tanya

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Temporary location

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.

