

# GROUP FITNESS SPRING 2026



## SUNDAY

7:15 am	Master Swim with Chris	Indoor Pool	Lvl - 1,2,3
8:30 am	Aqua HIIT with Debbie	Outdoor Pool	Lvl - 2,3
9:00 am	TRX with Grace	Fitness Floor	Lvl - 2,3
9:15 am	Zumba with David	Group Fitness Studio	Lvl - 1,2,3
9:30 am	Spin with Terri	Spin Studio	Lvl - 1,2,3
10:15 am	Speedflex with Cher/Christi	SpeedFlex Studio	Lvl - 1,2,
10:30 am	Flow Yoga with Renee	Dance Studio	Lvl - 2,3
10:30 am	Gentle Yoga & Sound with Marketa	Fruhman B	Lvl - 1,2,3
10:30 am	Strong Nation Cardio Strength with David	Group Fitness Studio	Lvl - 2,3
1:00 pm	Hatha Yoga Stretch with Terry	Dance Studio	Lvl - 1,2

## MONDAY

6:00 am	Spin with Jason	Spin Studio	Lvl - 1,2,3
8:10 am	Hydro Hustle with Laura	Outdoor Pool	Lvl - 1,2,3
8:30 am	Speedflex with Jennifer	SpeedFlex Studio	Lvl - 1,2
8:45 am	NIA Dance with Brenda	Group Fitness Studio	Lvl - 1,2
9:15 am	J Barre with Gina	Dance Studio	Lvl - 2,3
9:15 am	Spin on Demand	Hybrid Simulcast	Lvl - 1,2,3
10:15 am	Flow Yoga with Renee	Group Fitness Studio	Lvl - 2,3
11:05 am	Aqua Yoga with Tanya	Warm Water Pool	Lvl - 1,2
11:30 am	Tai Chi with Vivica	Group Fitness Studio	Lvl - 1,2
1:00 pm	Prop Yoga with Debbi	Group Fitness Studio	Lvl - 2,3
5:30 pm	Sweat & Steel with Christy	Group Fitness Studio	Lvl - 2,3
6:00 pm	Spin with Barbara	Spin Studio	Lvl - 1,2,3
6:30 pm	Dance Sweat & Move with Dusty	Group Fitness Studio	Lvl - 2,3
6:50 pm	Stretch Express with Barbara	Spin Studio	Lvl - 1,2,3

## TUESDAY

6:00 am	J Fit Boot Camp with Christi	Group Fitness Studio	Lvl - 1,2,3
6:00 am	Master Swim with Chris	Indoor Pool	Lvl - 1,2,3
8:15 am	Flow Yoga with Jennifer	Dance Studio	Lvl - 2,3
9:10 am	Aqua HIIT with Melanie	Outdoor Pool	Lvl - 2,3
9:15 am	Strength Defined with Terri & Jen	Group Fitness/Hybrid	Lvl - 1,2,3
9:30 am	Mindfulness Yoga with Debbi	Dance Studio	Lvl - 1,2
10:45 am	Pilates Edge with Natalie	Group Fitness Studio	Lvl - 2,3
12:05 pm	Aqua Yoga with Nancy	Warm Water Pool	Lvl - 1,2
1:00 pm	LA Blast Dance with Dusty	Group Fitness Studio	Lvl - 1,2
1:00 pm	Hatha Yoga Stretch with Terry	Fruhman B	Lvl - 1,2
5:30 pm	Pilates Barre Fusion with Lynn	Dance Studio	Lvl - 1,2,3
6:00 pm	J Boxfit Equipment Based with Eric	Group Fitness Studio	Lvl - 1,2,3
6:45 pm	Power Flow with Tanya	Dance Studio	Lvl - 2,3
7:10 pm	Aqua HIIT with Debbie	Outdoor Pool	Lvl - 2,3
8:00 pm	Hatha Yoga Stretch with Terry	Group Fitness Studio	Lvl - 1,2

## WEDNESDAY

6:00 am	Spin with Christi	Spin Studio	Lvl - 1,2,3
8:00 am	Barbells Reps & Sets with Cindy	Group Fitness Studio	Lvl - 1,2
8:10 am	Hydro Hustle with Cyndi	Outdoor Pool	Lvl - 1,2,3
8:15 am	Mat Pilates with Gina	Dance Studio	Lvl - 2,3
8:30 am	Speedflex with Jennifer	SpeedFlex Studio	Lvl - 1,2
9:15 am	Sweat & Steel with Christy	Group Fitness Studio	Lvl - 2,3
9:15 am	Spin with Barbara	Spin Studio	Lvl - 1,2,3
9:15 am	J Barre with Marco	Dance Studio	Lvl - 2,3
10:10 am	La Blast Dance with Dusty	Group Fitness Studio	Lvl - 1,2
10:15 am	Stretch & Restore Yoga with Marco	Dance Studio	Lvl - 1,2,3
11:05 am	Aqua Yoga with Tanya	Warm Water Pool	Lvl - 1,2,3
1:00 pm	Core Balance Yoga with Debbi	Group Fitness Studio	Lvl - 2,3
5:30 pm	Peak Performance with Barbara	Group Fitness Studio	Lvl - 1,2,3
5:30 pm	Pilates Prop Fusion with Lynn	Dance Studio	Lvl - 1,2,3
5:30 pm	Speedflex with Diana	SpeedFlex Studio	Lvl - 1,2
6:00 pm	Spin with Bob	Spin Studio	Lvl - 1,2,3
6:30 pm	Dance Sweat & Move with Diana	Group Fitness/Hybrid	Lvl - 1,2,3

## THURSDAY

6:00 am	Master Swim with Chris	Indoor Pool	Lvl - 1,2,3
6:00 am	Speedflex with Christi	Speedflex Studio	Lvl - 1,2
9:10 am	Aqua HIIT with Debbie	Outdoor Pool	Lvl - 2,3
9:15 am	Strength Defined with Terri & Jen	Group Fitness/Hybrid	Lvl - 1,2,3
9:30 am	Mindfulness Yoga with Debbi	Dance Studio	Lvl - 1,2
1:00 pm	Boom Silver Sneakers with Stephanie	Group Fitness Studio	Lvl - 1,2
1:05 pm	Stretch & Restore Yoga with Renee	Fruhman B	Lvl - 1,2,3
5:30 pm	TRX with Regina	Fitness Floor	Lvl - 1,2,3
5:30 pm	Power Flow with Tanya	Group Fitness Studio	Lvl - 2,3
7:10 pm	Aqua HIIT with Marilyn	Outdoor Pool	Lvl - 2,3
8:00 pm	Hatha Yoga Stretch with Terry	Group Fitness Studio	Lvl - 1,2

## FRIDAY

6:00 am	Spin with Jennifer	Spin Studio	Lvl - 1,2,3
8:10 am	Aqua Groove with Marilyn	Outdoor Pool	Lvl - 1,2,3
8:15 am	Classic Step with Cindy	Group Fitness Studio	Lvl - 1,2,3
8:15 am	Mat Pilates with Lynn	Fruhman B	Lvl - 2,3
8:30 am	Speedflex with Melanie	Speedflex Studio	Lvl - 1,2
9:15 am	Spin with Jennifer	Spin Studio	Lvl - 1,2,3
9:15 am	Dance Sweat & Move with Gina	Group Fitness Studio	Lvl - 2,3
10:15 am	Fun Friday Flow Yoga with Renee	Group Fitness Studio	Lvl - 1,2,3
11:30 pm	Deep Stretch & Restore with Renee	Group Fitness Studio	Lvl - 1,2,3
12:05 pm	Aqua Yoga with Laura	Warm Water Pool	Lvl - 1,2
1:00 pm	Boom Silver Sneakers with Cindy	Group Fitness Studio	Lvl - 1,2
1:00 pm	Mat Pilates Edge with Natalie	Dance Studio	Lvl - 2,3

## SATURDAY

8:15 am	Step with Christy	Group Fitness Studio	Lvl - 2,3
9:10 am	HIIT The Water with Marilyn	Outdoor Pool	Lvl - 2,3
9:30 am	Squad Strong with Barbara	Group Fitness Studio	Lvl - 1,2,3
9:30 am	Spin with Christi/Simone	Spin Studio	Lvl - 1,2,3
10:30 am	Flow Yoga with Tanya	Dance Studio	Lvl - 2,3
11:00 am	Dance Sweat & Jam with Krystal Jo	Group Fitness/Hybrid	Lvl - 2,3
11:45 am	Yoga Stretch & Breath with Tanya	Dance Studio	Lvl - 1,2,3
1:00 pm	Deep Stretch & Restore Yoga with Tanya	Dance Studio	Lvl - 1,2,3

Temporary location

## AQUA FITNESS

- 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.

