

GROUP FITNESS SUMMER 2026



SATURDAY

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

Hydro Hustle with Laura
Classic Step with Christy
Aqua HIIT The Water with Francine
Studio Cycle with Simone
Squad Fit with Barbara
Flow Yoga with Tanya
Dance Sweat & Move with Jesus
Yoga Stretch & Breath with Tanya
Deep Stretch & Restore Yoga with Tanya

Outdoor Pool
Group Fitness Studio
Outdoor Pool
Spin Studio
Group Fitness Studio
Mind Body Studio
Group Fitness Studio
Mind Body Studio
Mind Body Studio

Lvl - 1,2,3
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FRIDAY

6:00 am
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 am
1:00 pm
1:00 pm

Master Swim with Chris
Studio Cycle with Jennifer
Hydro Hustle with Debbie
Mat Pilates with Lynn
Classic Step with Cindy
Speedflex with Melanie
Studio Cycle with Jennifer
Dance Sweat & Move with Gina
Fun Friday Flow Yoga with Renee
Deep Stretch & Restore with Renee
Mat Pilates Edge with Natalie
Boom Silver Sneakers with Cindy

Indoor Pool
Spin Studio
Outdoor Pool
Mind Body Studio
Group Fitness Studio
Speedflex Studio
Spin Studio
Group Fitness Studio
Mind Body Studio
Mind Body Studio
Mind Body Studio
Group Fitness Studio

Lvl - 1,2,3
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THURSDAY

6:00 am
8:10 am
9:15 am
9:30 am
1:00 pm
1:05 pm
3:00 pm
5:30 pm
5:30 pm
7:10 pm
8:00 pm

Speedflex with Christi
Aqua HIIT The Water with Cyndi
Sculpt Lab with Jennifer
Mindfulness Yoga with Debbi
Boom Silver Sneakers with Stephanie
Stretch & Restore Yoga with Renee
JFS Private Class
TRX with Christi
Power Flow with Tanya
Aqua HIIT The Water with Marilyn
Hatha Yoga Stretch with Terry

Speedflex Studio
Outdoor Pool
Group Fitness Studio
Mind Body Studio
Group Fitness Studio
Mind Body Studio
Mind Body Studio
TRX Area
Mind Body Studio
Outdoor Pool
Mind Body Studio

Lvl - 1,2
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WEDNESDAY

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

Studio Cycle with Christi
Barbells Reps & Sets with Cindy
Hydro Hustle with Marilyn
Mat Pilates with Debbie
Speedflex with Jennifer
Studio Cycle with Barbara
J Barre with Marco
Sweat & Steel with Christy
La Blast Dance with Dusty
Stretch & Restore Yoga with Marco
Aqua Yoga with Tanya
Core Balance Yoga with Debbi
Speedflex with Diana
Pilates Prop Fusion with Lynn
Peak Performance with Barbara
Studio Cycle with Jason
Dance Sweat & Move with Diana

Spin Studio
Group Fitness Studio
Outdoor Pool
Mind Body Studio
Speedflex Studio
Spin Studio
Mind Body Studio
Group Fitness Studio
Group Fitness Studio
Mind Body Studio
Warm Water Pool
Mind Body Studio
Speedflex Studio
Mind Body Studio
Group Fitness Studio
Spin Studio
Group Fitness Studio

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TUESDAY

6:00 am
6:00 am
8:10 am
8:15 am
9:15 am
9:30 am
10:45 am
12:05 pm
1:00 pm
1:00 pm
3:00 pm
5:30 pm
6:00 pm
6:45 pm
7:10 pm
8:00 pm

Master Swim with Chris
J Fit Boot Camp with Christi
Aqua HIIT The Water with Melanie
Flow Yoga with Jennifer
Sculpt Lab with Terri
Mindfulness Yoga with Debbi
Mat Pilates Edge with Natalie
Aqua Yoga with Nancy
Hatha Yoga Stretch with Terry
La Blast Dance with Dusty
JFS Private Class
Pilates Barre Fusion with Lynn
J Box Fit with Erick
Power Flow with Adam
Aqua HIIT The Water with Debbie
Hatha Yoga Stretch with Terry

Indoor Pool
Group Fitness Studio
Outdoor Pool
Mind Body Studio
Group Fitness Studio
Mind Body Studio
Mind Body Studio
Warm Water Pool
Mind Body Studio
Group Fitness Studio
Mind Body Studio
Mind Body Studio
Mind Body Studio
Mind Body Studio
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Mind Body Studio
Mind Body Studio
Mind Body Studio
Outdoor Pool
Mind Body Studio

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MONDAY

6:00 am
8:10 am
8:30 am
8:45 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

Studio Cycle with Jason
Hydro Hustle with Laura
Speedflex with Jennifer
NIA Dance with Brenda
J Barre with Gina
Flow Yoga with Renee
Aqua Yoga with Tanya
Tai Chi with Vivica
Prop Yoga with Debbi
Sweat & Steel with Christy
Studio Cycle with Barbara
Dance Sweat & Move with Diana
Stretch Express with Barbara

Spin Studio
Outdoor Pool
Speedflex Studio
Group Fitness Studio
Mind Body Studio
Mind Body Studio
Warm Water Pool
Group Fitness Studio
Mind Body Studio
Group Fitness Studio
Spin Studio
Group Fitness Studio
Mind Body Studio

Lvl - 1,2,3
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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
10:30 am
1:00 pm

Master Swim with Chris
Aqua HIIT The Water with Debbie
TRX with Grace
Zumba with David
Studio Cycle with Terri
Speedflex with Grace
Gentle Yoga & Sound with Marketa
Strong Nation Cardio Strength with David
Flow Yoga with Renee
Hatha Yoga Stretch with Terry

Indoor Pool
Outdoor Pool
TRX Area
Group Fitness Studio
Spin Studio
Speedflex Studio
Dance Studio
Group Fitness Studio
Mind Body Studio
Mind Body Studio

Lvl - 1,2,3
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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.

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
Studio Cycle- Indoor cycling rides through climbs, sprints, and intervals to boost endurance and burn calories. Levels 1,2,3
Speedflex- 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. Levels 1,2,3
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 Fit- Team based strength and cardio training that build power, motivation and community. Levels 1,2,3

