

JCC GROUP FITNESS & AQUATICS CLASS SCHEDULE

Effective April 1, 2025

Group Fitness Classes are included in all paid memberships & some insurance memberships. Classes with the (I) indicate that insurance members have access to these classes at no extra cost. Insurance members can upgrade their membership to include ALL classes for \$33/month. Classes with (R) indicate that registration is required due to limited space in class. Fitness classes that do not require registration are on a first come first serve basis.

MONDAY			
6:15am	Cycling(I)(R)	CYC	Maureen
8:30am	Pilates	M/B	Carrie B
8:30am	Cardio Step(I)	UGX	Luciana
9:00am	Aqua Aerobics	POOL	Andrea
9:15am	TRX Power	TRX	Carrie K
9:30am	Outdoor Walking	LOBBY	Sanjay
9:30am	Zumba	UGH	Doris
10:15am	LIT	TRX	Sanjay
11:15am	Silver Sneakers Classic(I)	UGX	Andrea
12:30pm	Gentle Yoga(I)	UGX	Beth
5:30pm	BodyPump	UGX	Jessica
6:00pm	Hatha Yoga(I)	M/B	Patricia

TUESDAY			
6:00am	Sunrise Yoga	M/B	Sarah H
8:00am	Cycling(I)(R)	CYC	Carrie K
9:00am	Aqua Body Strong Board(R)	POOL	Carrie K
9:00am	Zumba	UGX	Katy
10:00am	Total Body Fitness	UGX	Doris
12:00pm	Nia Dance(I)	UGX	Netta
5:00pm	Mindful Movement	M/B	Gina
5:30pm	WerQ(I)	UGX	Lauren
6:30pm	Aqua Zumba	POOL	Steve
7:00pm	TRX Sculpt and Stretch(I)	TRX	Bill

WEDNESDAY			
8:15am	Pilates	M/B	Carrie B
8:45am	Vinyasa Yoga	UGX	Jessica P
9:00am	Aqua Aerobics	POOL	Carrie K
10:00am	Zumba	UGX	Carlos
11:15am	Silver Sneakers Yoga(I)	UGX	Carrie B
5:30pm	BodyPump	UGX	Jessica H
5:45pm	Power Yoga	M/B	Lisa R.
6:00pm	HydroRider(R)	POOL	Andrea
6:45pm	Zumba	UGX	Lisa R.

THURSDAY			
6:15am	Cycling(I)(R)	CYC	Maureen
9:00am	Aqua Cardio & Strength	POOL	Carrie K
9:00am	Pilates	M/B	Gina
9:30am	Total Body Conditioning	UGX	Staff
11:00am	Gentle Yoga(I)	UGX	Beth
6:00pm	TRX Sculpt & Stretch(I)	TRX	Andrea
6:00pm	Alignment Yoga(I)	M/B	Sarah
6:30pm	Aqua Zumba	POOL	Steve

FRIDAY			
6:15am	Cycling(I)(R)	CYC	Luciana
8:30am	Upbeat Barre	UGX	Tia
8:30am	Pilates(I)	M/B	Gina
9:15am	Aqua Aerobics	POOL	Sanjay
9:30am	Zumba	UGX	Doris
9:30am	Vinyasa Yoga	M/B	Jessica P
10:30am	High Fitness	UGX	Erika
11:30am	Silver Sneakers Classic(I)	UGX	Kathy M

SATURDAY			
8:30am	Guided Stretching(I)	UGX	Sanjay
9:00am	Hatha Yoga(I)	M/B	Patricia
9:15am	HydroRider(R)	POOL	Chris
9:30am	LIT	TRX	Sanjay
9:30am	Cycling(I)(R)	CYC	Carrie K
10:00am	HIIT	GYM	Bill
10:00am	Zumba	UGX	Crisanta
11:15am	Active Agers Body Cond.(I)	UGX	Andrea
12:30pm	BodyPump	UGX	Jessica H

SUNDAY			
8:30am	Pilates	UGX	Carrie B
9:00am	Cycling(I)(R)	CYC	Luciana
9:00am	Aqua Aerobics	POOL	Andrea
9:30am	Alignment Yoga (I)	M/B	Sarah
9:45am	WerQ(I)	UGX	Ben
11:15am	Silver&Fit Experience(I)	UGX	Andrea

Studio Locations:

CYCLE: Cycling Studio // **GYM:** Gymnasium

M/B: Mind/Body Studio // **POOL:** Family Pool

TRX: TRX & Boxing Room // **REF:** Reformer Studio

UGX: Upstairs Group Fitness Studio

LOBBY: Front desk at entrance

A low-impact way to build strength, increase mobility, stability and balance



Purchase class pack and register at Member Services!

Mon	11:00am	Reformer with Carrie B
Tues	6:15pm	Reformer with Gina
Wed	9:45am	Reformer with Carrie B
Thurs	10:30am	Reformer with Gina
Fri	10:00am	Reformer with Gina