

JCC GROUP FITNESS & AQUATICS CLASS SCHEDULE

Effective November 1-December 31, 2024.

Some classes are included in your membership, classes that are **bright blue** require the **Specialty Class add-on** for \$30/month and require registration online or with Member Services. Members with the add-on have access to ALL classes. Classes with **(N)** denotes **NEW**, classes in **red** denote a change in time/instructor or space. Fitness classes that do not require reservation are on a first-come, first-served basis. **Class descriptions can be found on the website and Member Services.**

MONDAY			
6:15-7:15a	Endurance/Interval Cycling	CYC	Maureen
8:30-9:30a	Intermediate Pilates	M/B	Carrie
8:30-9:15a	Cardio Step	UGX	Luciana
9-9:45a	Aqua Aerobics	POOL	Christy
9:30-10:30a	Zumba	DSB	Doris
9:30-10:45a	Power Core Flow Yoga	UGX	Jessica P
10:15-10:45a	LIT	TRX	Sanjay
11:15a-12p	Silver Sneakers Classic	UGX	Jessica P
12:30-1:30p	Gentle Yoga	UGX	Beth
5:30-6:30p	BodyPump	UGX	Joween
6-7p	Hatha Yoga	M/B	Patricia

TUESDAY			
8:30 - 9:30a	Beginner Pilates	UGX	Stephen
9-9:45a	Aqua Body Strong Board	POOL	Christy
9:45 - 10:45a	Total Body Fitness	UGX	Doris
11-11:50a	Qigong	UGX	Stephen
12:00-1p	Nia Dance	UGX	Netta
4:30-5:15p	Upbeat Barre	UGX	Gil
5:30-6:30p	WerQ	UGX	Lauren
6:30-7:15p	Aqua Zumba	POOL	Steve
7:00-7:45p	TRX Sculpt and Stretch	TRX	Bill

WEDNESDAY			
8:15-9:15a	Intermediate Pilates	M/B	Carrie
8:45-10:00a	Vinyasa Yoga	UGX	Jessica P
9-9:45a	Aqua Aerobics	POOL	Christy
9:15-10a	Adult Group Fitness	LFIT	Sanjay
10:00-11:00a	Zumba	UGX	Carlos
11:15a-12p	Silver Sneakers Yoga	UGX	Carrie
5:30-6:30p	BodyPump	UGX	Jessica H
6-6:45p	HydroRider	POOL	Andrea

THURSDAY			
6:15-7:15a	Endurance Cycling	CYC	Maureen
9-9:45a	Aqua Cardio & Strength	POOL	Christy
9-10a	Intermediate Pilates	M/B	Stephen
9:30-10:30a	BodyPump (N)	UGX	Joween
11a-12p	Gentle Yoga	UGX	Beth
6-6:45p	TRX Sculpt & Stretch	TRX	Andrea
6-7p	Alignment Yoga (N)	M/B	Sarah
6:30-7:15p	Aqua Zumba	POOL	Steve

FRIDAY			
6:15-7a	Beat-Based Cycling	CYC	Luciana
8:30-9:15a	Upbeat Barre	UGX	Tia
8:30-9:30a	Beginner Pilates	M/B	Stephen
9:15-10a	Aqua Aerobics	POOL	Sanjay
9:30-10:30a	Zumba	DSB	Doris
9:30-10:45a	Vinyasa Yoga	UGX	Jessica P
11:30a-12:15p	Silver Sneakers Classic	UGX	Joween

SATURDAY			
8:30-9:15a	Guided Stretching	UGX	Sanjay
9-10a	Hatha Yoga	M/B	Patricia
9:15-10:15a	HydroRider	POOL	Chris
9:30-10:15a	LIT	TRX	Sanjay
10-10:45a	HIIT	GYM	Bill
10-11a	Zumba	UGX	Crisanta
11:15a-12p	Active Agers Body Cond.	UGX	Andrea
12:30-1:30p	BodyPump (N)	UGX	Jessica H

SUNDAY			
8:30-9:30a	Intermediate Pilates	UGX	Carrie
9-9:45a	Beat-Based Cycling	CYCLE	Luciana
9:30-10:15a	Aqua Aerobics	POOL	Andrea
9:30 - 10:30a	Alignment Yoga (N)	M/B	Sarah
9:45-10:45a	WerQ	UGX	Ben
11:15a-12p	Silver&Fit Experience	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

DSB = Draper Studio B **LFIT**= lower level fitness floor

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



See Member Services to purchase class pack and register!

Mon	11-12p	Foundation with Carrie
Tues	12-1p	Flow with Stephen
Wed	9:45-10:45a	Flow with Carrie
Thurs	1-2p	Foundation with Stephen
Fri	12-1p	Flow with Stephen