

JCC GROUP FITNESS & AQUATICS CLASS SCHEDULE

Effective January 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			
6:15-7:15a	Cycling(I)(R)	CYC	Maureen
8:30-9:30a	Pilates	M/B	Carrie
8:30-9:15a	Cardio Step(I)	UGX	Luciana
9-9:45a	Aqua Aerobics	POOL	Paige
9:30-10:30a	Zumba	DSB	Doris
9:30-10:45a	Power Yoga(I)	UGX	Jessica P
10:15-10:45a	LIT	TRX	Sanjay
11:15a-12p	Silver Sneakers Classic(I)	UGX	Jessica P
12:30-1:30p	Gentle Yoga(I)	UGX	Beth
5:30-6:30p	BodyPump	UGX	Joween
6-7p	Hatha Yoga(I)	M/B	Patricia

TUESDAY			
6:00 - 7:00a	Sunrise Yoga	UGX	Sarah H
9-9:45a	Aqua Body Strong Board(R)	POOL	Paige
9:00-9:50a	Zumba	UGX	Katy
10:00-11:00a	Total Body Fitness	UGX	Doris
12:00-1p	Nia Dance(I)	UGX	Netta
5:00-6:00p	Mindful Movement	M/B	Gina
5:30-6:30p	WerQ(I)	UGX	Lauren
6:30-7:15p	Aqua Zumba	POOL	Steve
7:00-7:45p	Sculpt and Stretch(I)	TRX	Bill

WEDNESDAY			
8:15-9:15a	Pilates	M/B	Carrie
8:45-10:00a	Vinyasa Yoga	UGX	Jessica P
9-9:45a	Aqua Aerobics	POOL	Paige
10:00-11:00a	Zumba	UGX	Carlos
11:15a-12p	Silver Sneakers Yoga(I)	UGX	Carrie
5:30-6:30p	BodyPump	UGX	Jessica H
6-6:45p	HydroRider(R)	POOL	Andrea

THURSDAY			
6:15-7:15a	Cycling(I)(R)	CYC	Maureen
9-9:45a	Aqua Cardio & Strength	POOL	Paige
9-10a	Pilates	M/B	Gina
9:30-10:30a	BodyPump	UGX	Joween
11a-12p	Gentle Yoga(I)	UGX	Beth
4:30-5:30p	Power Yoga	UGX	Elisa
6-6:45p	Sculpt & Stretch(I)	TRX	Andrea
6-7p	Alignment Yoga(I)	M/B	Sarah
6:30-7:15p	Aqua Zumba	POOL	Steve

FRIDAY			
6:15-7a	Cycling(I)(R)	CYC	Luciana
8:30-9:15a	Upbeat Barre	UGX	Tia
8:30-9:30a	Pilates(I)	M/B	Gina
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(I)	UGX	Joween

SATURDAY			
8:30-9:15a	Guided Stretching(I)	UGX	Sanjay
9-10a	Hatha Yoga(I)	M/B	Patricia
9:15-10:15a	HydroRider(R)	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.(I)	UGX	Andrea
12:30-1:30p	BodyPump	UGX	Jessica H

SUNDAY			
8:30-9:30a	Pilates	UGX	Carrie
9-9:45a	Cycling(I)(R)	CYCLE	Luciana
9:00-9:45a	Aqua Aerobics	POOL	Andrea
9:30 - 10:30a	Alignment Yoga (I)	M/B	Sarah
9:45-10:45a	WerQ(I)	UGX	Ben
11:15a-12p	Silver&Fit Experience(I)	UGX	Andrea

As we begin a new year we hope to add new classes/instructors along the way to enhance your member experience!

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	Reformer with Carrie
Tues	6:15-7:15p	Reformer with Gina
Wed	9:45-10:45c	Reformer with Carrie
Thurs	10:30-11:30	Reformer with Gina
Fri	10-11a	Reformer with Gina