



GROUP FITNESS

Schedule

Assistant Fitness and Wellness Director | **Sarah Perfido** | sarah.perfido@jcajax.org

KID KARE HOURS | MON - THUR 8:30 - 11:45 AM AND 4:30 - 8:30 PM | FRI 8:30 - 11:45 AM | SUN 8:30 AM - 12:30 PM | **(904) 730-2100 EXT. 243**

Keep a class on the schedule by **remembering to sign in**; classes with low attendance may be removed.

SUNDAY

Time	Class	Instructor	Location
9 am	Aqua Aerobics	Grace	P
9 am	+ Pilates +	Shirley	A
10 am	Cycling	Kerianne	B
10 am	Zumba®	Grace	A
12 pm	+ Iyengar Yoga +	Paula	A

MONDAY

Time	Class	Instructor	Location
7 am	+ Intermediate Yoga +	Tim	A
8:30 am	Aqua Aerobics	Lynnell	P
9:30 am	** Warrior **	Sarah	A
9:30 am	Cycling	Diego	B
9:45 am	H ₂ O Blast	Marcia	P
10:30 am	Zumba®	Grace	A
10:45 am	SGF Pilates	Cheryl	MRC
11 am	Aqua Aerobics	Marcia	P
11:30 am	Tone & Stretch	Lynnell	A
5 pm	Muscle Pump	Susanna	A
6 pm	Kickboxing	Gisela	A
6 pm	Cycling	Keith	B
7 pm	+ Intermediate Yoga +	Gisela	A
7 pm	Aqua Aerobics	Grace	P

TUESDAY

Time	Class	Instructor	Location
5:45 am	Cycling	JoHanna	B
9:30 am	Muscle Pump	Susanna	A
10:30 am	+ Yoga Foundations +	Lynnell	A
10:45 am	SGF Strength	Karen	MRC
5 pm	+ Pilates +	Mor	A
6 pm	Cardio Dance	Alicia	A
7 pm	+ Iyengar Yoga +	Paula	A

** High intensity
+ Must bring your own mat
♀ Women only class

WEDNESDAY

Time	Class	Instructor	Location
7 am	+ Intermediate Yoga +	Tim	A
8:30 am	Aqua Aerobics	Lynnell	P
9:30 am	Kickboxing	Gisela	A
9:30 am	Cycling	Tim	B
9:45 am	H ₂ O Blast	Marcia	P
10:30 am	+ Pilates +	Gisela	A
10:45 am	SGF Yoga	Lynnell	MRC
11 am	Aqua Aerobics	Marcia	P
11:30 am	♀ Cardio Dance ♀	Rivky	A
5:15 pm	Butts & Guts	Sarah	A
6 pm	Barre Pump	Cheryl	A
6 pm	Cycling	Keith	B
7 pm	+ Pilates +	Cheryl	A

THURSDAY

Time	Class	Instructor	Location
5:45 am	Cycling	JoHanna	B
9:30 am	Muscle Pump	Susanna	A
10:30 am	+ Yoga Foundations +	Gisela	A
10:45 am	SGF Strength	Karen	MRC
5 pm	+ Pilates +	Sylvia	A
6 pm	Zumba®	Heather	A
7 pm	+ Intermediate Yoga +	Evelyn	A
7 pm	Aqua Aerobics	Grace	P

FRIDAY

Time	Class	Instructor	Location
7 am	+ Pilates +	Sylvia	A
8:30 am	Aqua Pilates	Sylvia	P
8:30 am	+ Ashtanga Yoga +	Tim	A
9:30 am	Cardio Dance	Monica	A
9:30 am	Cycling	Sarah	B
9:45 am	H ₂ O Blast	Lynnell	P
10:30 am	Tone & Stretch	Aggie	A
10:45 am	SGF Yoga	Lynnell	MRC
11 am	Aqua Aerobics	Marcia	P
11:30 am	Zumba®	Grace	A

A - Group Exercise Room | **B** - Cycling Room | **P** - Pool | **MRC** - Meeting Room C

Participants in group fitness classes must be at least 13 years old.



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Aqua Aerobics

Choose your level of intensity using the water's resistance to create an effective aerobic workout that improves muscle strength, balance, and posture. The healing pool water reduces impact and protects the joints.

Aqua Pilates

See the healing benefits of a water workout that uses Pilates methodology to focus on cardio, strength, and flexibility.

Barre Pump

Combine standing barre techniques, light weights, and a variety of floor work to challenge your body in a novel way.

Butts & Guts

Reduce, shape, and lift the glutes, abs, and thighs in this fast-paced 45 minute class. Build your backside to create a balanced and lean physique.

Cardio Dance

Shake, shimmy, and sweat off calories in this rocking aerobic dance workout class with easy to follow choreography.

Cycling

Enhance your cardio endurance and burn mega calories with intervals on the stationary bike that include climbs, sprints and coasts at a variety of body positions, pedal speeds and resistances. New riders should arrive early for bike set up.

H2O Blast

This high intensity water workout raises your heart rate as you jog, run, jump and use aqua equipment to tone the entire body.

Kickboxing

Jab, kick and punch to the beat of the music to build endurance and burn mega calories in this dynamic and fast-paced class. Optional use of punching bag or focus mitts. All fitness levels welcome.

Muscle Pump

Use barbells, dumbbells and a variety of equipment to sculpt your entire body and maximize your muscle pump! Learn proper technique as your squat, press, lift and curl your way to a leaner, stronger physique.

Pilates | +

Strengthen the deep core postural muscles and improve body balance and spinal alignment. Use awareness of breath, Pilates rings, balls and light weights, to grow strong, stable and hard to the CORE!

Sit & Get Fit (SGF)

SGF Pilates

Learn awareness of breath and core muscles using a chair for support and balance. A strong core improves flexibility and overall posture.

SGF Strength

Improve your cardiovascular and muscular endurance in this chair exercise class that uses hand weights, tubing and small balls.

SGF Yoga

Stretch, relax, and enjoy the wonderful feeling of well-being and inner peace that only yoga can give in this gentle, seated class.

Tone & Stretch

Stay firm and improve flexibility. Work your muscles to move better, bend more easily and reach higher in this all-levels strength class.

Warrior | **

This competitive boot camp style workout uses fast-paced, high intensity functional movements to build strength and ramp up your metabolism. Your only limit is you!

Yoga | +

Several distinct practices designed to cultivate strength, flexibility and relaxation through mindful focus, alignment and breath awareness.

Yoga Foundations

Provides fundamentals of practice with a vinyasa flow geared toward those new to yoga and those aiming to refine their existing practice.

Intermediate Yoga

Expands on Foundations, introducing a wider variety of poses and offering opportunities to explore advanced methods.

Iyengar Yoga

Non-flow class with static postures focusing on precise movement, correct posture and exact alignment.

Ashtanga Yoga

(Primary Series Power Flow) Intense and dynamic movement between poses that brings fluid strength and clarity.

Zumba®

A fusion of Latin American and international dance music. Join the ultimate dance party in this fun, high-energy and motivating class. No dance experience needed.

**Remember to stay hydrated.
Please bring a water bottle
and towel to classes. Please refrain
from wearing perfume to class.**

Thank you.

** This is a high intensity and high performance class—squats, pushups, running, jumps, weights—and therefore may not be appropriate for all.

+ Must bring your own mat.



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