



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 - 1:15 PM

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 Mat +	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	Yosefa	B
9:45 am	H ₂ O Blast	Marcia	P
10:30 am	Zumba®	Tina	A
10:45 am	SGF Pilates	Cheryl	MRC
11 am	Aqua Aerobics	Marcia	P
11:30 am	Tone and 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	Karen	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 Mat +	Mor	A
6 pm	Cardio Dance	Alicia	A
7 pm	+ Iyengar Yoga +	Paula	A

** High intensity
+ Must bring your own mat

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 Mat +	Gisela	A
10:45 am	SGF Yoga	Lynnell	MRC
11 am	Aqua Aerobics	Marcia	P
11:30 am	Tone and Stretch	Shirley	A
5:15 pm	Butts and Guts	Sarah	A
6 pm	Barre Pump	Cheryl	A
6 pm	Cycling	Keith	B
7 pm	+ Restorative Yoga +	Grant	A

THURSDAY

Time	Class	Instructor	Location
5:45 am	Cycling	Karen	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 Mat +	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 Mat +	Sylvia	A
8:30 am	Aqua Pilates	Sylvia	P
8:30 am	+ Ashtanga Yoga +	Tim	A
9:30 am	Zumba®	Tina	A
9:30 am	Cycling	Sarah	B
9:45 am	H ₂ O Blast	Lynnell	P
10:30 am	Tone and Stretch	Aggie	A
10:45 am	SGF Yoga	Lynnell	MRC
11 am	Aqua Aerobics	Marcia	P

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

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



GROUP FITNESS

Schedule

Aqua Aerobics

Use 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 and 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 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 burn mega calories in this dynamic and fast-paced class. Optional use of punching bag or focus mitts. All fitness levels welcome.

Muscle Pump

Sculpt your entire body and maximize your muscle pump as you squat, press, lift and curl your way to a leaner, stronger physique.

Pilates Mat | +

Strengthen the deep core postural muscles and improve body balance and spinal alignment.

Sit & Get Fit (SGF)

These seated chair exercise classes offer a gentle and supportive fitness environment perfect for those who are older, pregnant, injured, overweight or the true beginner.

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 and 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.

Ashtanga Yoga

(Primary Series Power Flow) Highly structured intense and dynamic flow using a set sequence of poses to bring fluid strength and clarity.

Iyengar Yoga

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

Restorative Yoga

A gentle Hatha flow that eases into long-held passive stretches to relax the mind and renew the body. Beginners welcome.

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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