



# GROUP FITNESS

## SUMMER SCHEDULE

Effective as of 06.07.22

	TIME	CLASS	LOCATION
<b>MONDAY</b>	7 am	Intermediate Yoga	Studio A
	8 am	Aqua	Indoor Pool
	9:30 am	Burn and Learn	Studio A
	10:30 am	Gentle Pilates	Studio A
	10:45 am	SGF Strength	Temple
	11:30 am	Tone and Stretch	Studio A
	12:30 pm	Dance Trance	Studio A
	5 pm	Core Cycle	Studio A
	6 pm	Total Body Conditioning	Studio A
<b>TUESDAY</b>	7 pm	Intermediate Yoga	Studio A
	5:45 am	Total Body Conditioning	Studio A
	7 am	Pilates Mat	Studio A
	8:30 am	Core Fusion <b>NEW!</b>	Studio A
	9:30 am	H.I.I.T	Studio A
	10:30 am	Yoga Foundations	Studio A
	11:10 am	SGF Aqua	Indoor Pool
	6 pm	Zumba	Studio A
	7 pm	Aqua	Indoor Pool
<b>WEDNESDAY</b>	7 pm	Restorative Yoga and Mindful Meditation	Studio A
	5:45 am	Core Cycle	Studio A
	7 am	Restorative Yoga	Studio A
	8 am	Aqua	Indoor Pool
	9:30 am	Cardio Kickboxing	Studio A
	10:30 am	Pilates Mat	Studio A
	10:45 am	SGF Core & Balance	Temple
	11:30 am	Tone and Stretch	Studio A
	12:30 pm	Dance Trance	Studio A
	6 pm	Core Cycle <b>NEW!</b>	Studio A

	TIME	CLASS	LOCATION
<b>THURSDAY</b>	7 am	Cycle	Studio A
	8 am	Boxing for Fitness <b>NEW!</b>	Studio A
	9 am	Cardio Core	Studio A
	10 am	Pilates Mat	Studio A
	11 am	Yoga Foundations	Studio A
	11:10 am	SGF Aqua	Indoor Pool
	6 pm	Zumba	Studio A
	7 pm	Aqua	Indoor Pool
<b>FRIDAY</b>	7 pm	Vinyasa Yoga	Studio A
	7 am	Iyengar Yoga	Studio A
	8 am	Pilates Mat	Studio A
	9:30 am	Athletic Conditioning	Studio A
	10:30 am	Latin Fusion	Studio A
	10:45 am	SGF Yoga	Temple
	11:10 am	Aqua	Indoor Pool
	11:30 am	Drum Cardio <b>NEW!</b>	Studio A
	12:30 pm	Dance Trance	Studio A
	1:30 pm	Muscle Pump	Studio A
<b>SUNDAY</b>	8 am	Cycle	Studio A
	9 am	Pilates Mat	Studio A
	10 am	Zumba	Studio A
	11 am	Iyengar Yoga	Studio A

- All classes are 50 mins except Cycle classes which are 45 mins
- Members must bring their own mat to yoga and Pilates classes
- All classes are on first-come, first-serve basis
- The JCA's Kid Kare is offered on a first come, first serve basis. No more than 12 children are allowed per shift.  
Hours:  
Sun - Fri | 9 am - 12 pm  
Mon - Thu | 5 pm - 8 pm

# CLASS DESCRIPTIONS

**Athletic Conditioning:** High intensity workout with creative movements incorporating both body weight and resistance training. This class helps improve speed, agility, balance and endurance, mixed with Tabata.

**Aqua:** 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.

**Boxing For Fitness:** -Learn boxing techniques to get fit! There are five punches in boxing that lead the way to an amazing calorie burning and cardio conditioning workout.

**Butts and Guts:** Reduce, shape, and lift the glutes, and thighs. Build your backside and define your core to create a balanced and lean physique.

**Cardio Core:** A high intensity cardiovascular workout combined with the toning and strengthening of your abdominal muscles.

**Cardio Kickboxing:** Jab, kick and punch to burn mega calories in this dynamic and fast-paced class. All fitness levels welcome.

**Core Fusion:** Enjoy a 45 minute class that is made up of 15 minutes of yoga and stretching, 15 minutes of core, stability and balance, then 15 minutes of strength. Challenging but open to all levels.

**Core Cycle:** Spend 30 minutes in our high-energy cycling class, followed by 20 minutes of mat work. This class is focused on strengthening the core abdominal muscles.

**Cycle:** Enhance your cardio with intervals on the stationary bike. This class includes climbs, sprints and coasts with a variety of body positions, speeds and resistances. New riders should arrive early for bike set up.

**Dance Trance:** Dance Trance is an all levels choreographed dance fitness class using a variety of music genres and dance styles. Perfect for everyone who loves music and dance.

**Drum Cardio:** Drumsticks, exercise balls, high energy music and a specially choreographed routine helps build muscle and burn calories while you beat out to some sweet rhythms.

**H.I.I.T:** High Intensity Interval Training utilizes a series of short, high-intensity intervals, followed by longer, low intensity intervals for a fantastic cardio workout.

**Latin Fusion:** Dance with us! A fun mix of energetic dance styles from different parts of Latin America. Learn the Salsa, Merengue, Bachata, Cha Cha, Rumba and more!

**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 Gentle:** A floor-based mat class that combines the fundamentals of core, posture and alignment to achieve a balanced body. Ideal for beginners or those with limitations.

**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 Aqua:** This gentle aqua fitness class will challenge your cardio and balance.

**SGF Core & Balance:** Strengthen your core muscles to improve posture and balance using seated and standing Pilates techniques.

**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.

**Total Body Conditioning:** Strengthen both cardiovascular and muscular systems with the use of free weights, resistance tubing, bars and floor exercises.

## Yoga

**Yoga Foundations:** Provides fundamentals of practice with a vinyasa flow geared toward those new to yoga and those 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:** A non-flow class with static postures focusing on precise movement, correct posture and exact alignment.

**Restorative Yoga and Mindful Meditation:** A series of slow movements and breathwork to relax the mind and renew the body. This meditation practice helps to release mental, emotional and physical tension. All levels are 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.

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• **Members must bring their own personal mat to yoga and Pilates classes.**

• **All classes are on first come first serve basis.**

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



For any suggestions or feedback, email Cire Ba, assistant Fitness & Wellness Director, at [cire.ba@jcjax.org](mailto:cire.ba@jcjax.org) or call 904-730-2100 ext. 267.



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