



JCA GROUP FITNESS

WEEKLY SCHEDULE

Effective as of 02.01.23

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

	TIME	CLASS	LOCATION
THURSDAY	7 am	Cycle	Studio A
	8 am	Boxing for Fitness	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
	7 pm	Yogalates	Studio A NEW!
	FRIDAY	7 am	Iyengar Yoga
8 am		Aqua	Indoor Pool
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	Meeting Room CDE
11:30 am		Drum Cardio	Studio A
12:30 pm		Dance Trance	Studio A
1:30 pm		Muscle Pump	Studio A
4 pm		Next Generation Yoga and Pilates 	Studio A NEW!
SUNDAY	8 am	Cycle	Studio A
	9 am	Pilates Mat	Studio A
	10 am	Zumba	Studio A
	11 am	Iyengar Yoga	Studio A

 = Youth group exercise classes. Must be ages 5 - 15 to participate.

- Classes are 50 mins except cycle classes which are 45 mins.
- Please bring your own mat to yoga and Pilates classes.
- All classes are on a first-come, first-serve basis.
- Remember to stay hydrated; bring your own water to class.
- Refrain from wearing perfume, body spray or cologne in class.

JCA Kid Kare is offered on a first come, first serve basis.
No more than 12 children are allowed per shift.

Kid Kare 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.

Burn & Learn: An all-out Israeli style bootcamp. Burn calories while learning one new Hebrew word or a fun fact about Israeli culture/history in every class.

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 Pilates: 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 true beginners.

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.

Tone & Stretch : Stay firm and improve your flexibility while working your muscles to move better and reach higher. This strength class is for all levels.

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 who wish 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: Restorative Yoga is series of slow movements and breathwork to relax the mind and renew the body. Mindful Meditation practice helps to release mental, emotional and physical tension. All levels are welcome.

Yogalates: A mix of yoga based movements and pilates exercises utilizing the core and breath.

Youth Group Exercise Programs

Must be ages 5 - 15 to participate

Fit Start: A total body strength & conditioning program that is presented using fun boot camp, obstacle course, recreational games, team building and activities that encourage attendance to adopt a healthy lifestyle.

Next Generation Yoga and Pilates: This class alternates between floor based mat movements that target strengthening the core and a gentle fun yoga flow that enhances the mind and body.

Sports Conditioning: High intensity workout with creative movements to improve SAQ (speed, agility and quickness) and overall sports specific performance for future athletes.

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.



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



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