

JCA GROUP FITNESS

WEEKLY SCHEDULE

	TIME	CLASS	LOCATION
MONDAY	7 am	Intermediate Yoga	Gym
	8 am	Aqua Aerobics	Indoor Pool
	9:30 am	Butts & Guts	Gym
	10:30 am	Gentle Pilates	Gym
	10:45 am	SGF Strength	Gym
	11:30 am	Tone and Stretch	Gym
	12:30 pm	Dance Trance	Gym
	5 pm	Core Cycle	Gym
	6 pm	Total Body Conditioning	Gym
	7 pm	Vinyasa Flow	Youth Services
TUESDAY	5:45 am	Total Body Conditioning	Gym
	7 am	Restorative Pilates	Gym
	8:30 am	Core Fusion	Gym
	9:30 am	H.I.I.T	Gym
	10:30 am	Yoga Foundations	Gym
	11 am	SGF Aqua	Indoor Pool
	12 pm	Parent & Me Stroller Fit	Gym
	5 pm	Pilates Mat	Gym
	6 pm	Zumba	Gym
	7 pm	Aqua Aerobics	Indoor Pool
	7 pm	Restorative Yoga	Youth Services
WEDNESDAY	7 am	Restorative Yoga	Gym
	8 am	Aqua Aerobics	Indoor Pool
	9:30 am	Cardio Kickboxing	Gym
	10:30 am	Pilates Mat	Gym
	10:45 am	SGF Yoga	Gym
	11:30 am	Tone and Stretch	Gym
	12:30 pm	Dance Trance	Gym
	5 pm	Butts & Guts	Gym
	6 pm	Core Cycle	Gym
	7 pm	Latin Fusion	Gym

	TIME	CLASS	LOCATION
THURSDAY	5:45 am	Total Body Conditioning	Gym
	7 am	Cycle	Gym
	8 am	Boxing for Fitness	Gym
	9 am	Total Body Conditioning	Gym
	10 am	Pilates Mat	Gym
	11 am	Yoga Foundations	Gym
	11 am	SGF Aqua	Indoor Pool
	6 pm	Zumba	Gym
	7 pm	Aqua Aerobics	Indoor Pool
	7 pm	Vinyasa Flow	Gym
FRIDAY	7 am	Mindful Alignment Yoga	Gym
	8 am	Aqua Aerobics	Indoor Pool
	8 am	Pilates Mat	Gym
	9:30 am	Athletic Conditioning	Gym
	11:30 am	Latin Fusion	Gym
	10:45 am	SGF Core & Balance	Gym
	12:30 pm	Dance Trance	Gym
	1:30 pm	Total Body Conditioning	Gym
SUNDAY	8 am	Cycle	Gym
	9 am	Pilates Mat	Gym
	10 am	Zumba	Gym
	11 am	Mindful Alignment Yoga	Youth Services

- 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.

Kid Kare

JCA Kid Kare is offered on a first come, first serve basis. No more than 15 children are allowed per shift.

Kid Kare Hours: Sun - Fri | 9 am - 12 pm • Mon - Thu | 5 - 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 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.

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 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.

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!

Parent & Me, Stroller Fit: Bond with your child while you take care of yourself. Build core strength, tone muscles, and improve your posture with stroller-based exercises that blend Pilates, yoga, barre, and power walking.

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.

Restorative Pilates: A gentle, grounding Pilates mat class focused on slow, restorative movements and deep breathwork to relax the body and calm the mind.

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

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

Mindful Alignment Yoga: A supportive and inclusive yoga class rooted in Iyengar techniques, emphasizing mindful alignment, precision, and self-awareness for all levels

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.

Vinyasa Flow: A dynamic and fluid style of yoga that focuses on connecting breath with movement and creating smooth continuous flow between poses.

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.

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, please call (904) 730-2100 ext. 267.



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