

# JCA GROUP FITNESS

## WEEKLY SCHEDULE

### MONDAY

| TIME     | CLASS                | LOCATION     |
|----------|----------------------|--------------|
| 7 am     | Intermediate Yoga    | Studio A     |
| 8 am     | Aqua Aerobics        | Indoor Pool  |
| 9:30 am  | Butts & Guts         | Studio A     |
| 10:30 am | Pilates Flow         | Studio A     |
| 10:45 am | SGF Strength         | Meeting Room |
| 11:30 am | Strengthen & Stretch | Studio A     |
| 12:30 pm | Dance Trance         | Studio A     |
| 6 pm     | Move Strong          | Studio A     |
| 7 pm     | Vinyasa Flow         | Studio A     |

### TUESDAY

| TIME     | CLASS               | LOCATION    |
|----------|---------------------|-------------|
| 5:45 am  | Move Strong         | Studio A    |
| 7 am     | Restorative Pilates | Studio A    |
| 8:30 am  | Core Fusion         | Studio A    |
| 9:30 am  | H.I.I.T             | Studio A    |
| 10:30 am | Yoga Foundations    | Studio A    |
| 11 am    | Aqua Pilates        | Indoor Pool |
| 5 pm     | Pilates Flow        | Studio A    |
| 6 pm     | Zumba®              | Studio A    |
| 7 pm     | Aqua Aerobics       | Indoor Pool |
| 7 pm     | Restorative Yoga    | Studio A    |
| 8 pm     | Roll & Release      | Studio A    |

### WEDNESDAY

| TIME     | CLASS                | LOCATION     |
|----------|----------------------|--------------|
| 7 am     | Restorative Yoga     | Studio A     |
| 8 am     | Aqua Aerobics        | Indoor Pool  |
| 9:30 am  | KickFit              | Studio A     |
| 10:30 am | Power Pilates        | Studio A     |
| 10:45 am | SGF Yoga             | Meeting Room |
| 11:30 am | Strengthen & Stretch | Studio A     |
| 12:30 pm | Dance Trance         | Studio A     |
| 5:30 pm  | Butts & Guts         | Studio A     |
| 6:30 pm  | Latin Fusion         | Studio A     |

### THURSDAY

| TIME    | CLASS            | LOCATION    |
|---------|------------------|-------------|
| 5:45 am | Move Strong      | Studio A    |
| 8 am    | Strike Strong    | Studio A    |
| 9 am    | H.I.I.T          | Studio A    |
| 10 am   | Pilates Flow     | Studio A    |
| 11 am   | Yoga Foundations | Studio A    |
| 11 am   | Aqua Aerobics    | Indoor Pool |
| 6 pm    | Zumba®           | Studio A    |
| 7 pm    | Aqua Aerobics    | Indoor Pool |
| 7 pm    | Vinyasa Flow     | Studio A    |

### FRIDAY

| TIME     | CLASS                  | LOCATION     |
|----------|------------------------|--------------|
| 7 am     | Mindful Alignment Yoga | Studio A     |
| 8 am     | Aqua Aerobics          | Indoor Pool  |
| 8 am     | Pilates Flow           | Studio A     |
| 9:30 am  | Athletic Conditioning  | Studio A     |
| 10:30 am | Latin Fusion           | Studio A     |
| 10:45 am | SGF Core & Balance     | Meeting Room |
| 12:30 pm | Dance Trance           | Studio A     |
| 1:30 pm  | Move Strong            | Studio A     |

### SUNDAY

| TIME  | CLASS                  | LOCATION |
|-------|------------------------|----------|
| 9 am  | Power Pilates          | Studio A |
| 10 am | Zumba®                 | Studio A |
| 11 am | Mindful Alignment Yoga | Studio A |

### KID KARE

No more than 15 children are allowed per shift.

**Kid Kare Hours: Sun - Fri | 9 am - 12 pm**  
**Mon - Thu | 5 - 8 pm**

Reservations are highly recommended due to limited space.

#### Please Note:

- Classes are 50 minutes
- Please bring your own mat to yoga and Pilates classes
- Reservations are highly recommended for both group fitness classes and Kid Kare and can be made through the MyJ App
- Remember to stay hydrated; please bring your own water to class.

# CLASS DESCRIPTIONS

**Athletic Conditioning:** Challenge your body with a dynamic blend of strength, power, agility, endurance, and mobility training designed to improve real-world performance. This total-body workout enhances balance, coordination, mental focus, and resilience while helping you move stronger, faster, and with greater confidence—whether in sports or everyday life.

**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:** Bring Pilates to the pool for a refreshing, low-impact workout that challenges your core, balance, strength, and mobility. The resistance of the water adds an extra dimension to every movement while keeping things gentle on the joints.

**Butts & Guts:** Strengthen and sculpt your lower body and core with targeted exercises that improve stability, balance, and functional strength. This motivating class helps build powerful glutes, a stronger midsection, better posture, and enhanced movement while boosting confidence and overall fitness.

**Core Fusion:** Blend mindful movement with purposeful strength in a dynamic class combining yoga, stretching, balance, stability, and core training. Build strength, improve mobility, and enhance body awareness while leaving you feeling balanced and energized.

**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.:** Push your pace with short bursts of high-intensity movement designed to build strength, power, and cardiovascular endurance. Fast, focused, and challenging, this workout delivers maximum energy in every interval.

**KickFit:** Punch, kick, and sweat your way through an energizing workout building cardiovascular endurance, coordination, and total-body strength. This high-energy class improves agility, focus, mental resilience, and confidence while delivering a fun, stress-relieving workout.

**Latin Fusion:** Turn up the energy with a vibrant mix of Latin dance styles and upbeat rhythms in a fun, feel-good workout. Easy-to-follow choreography, nonstop movement, and plenty of personality deliver a high-energy cardio experience that feels more like a party than a workout.

**Move Strong:** Description: One workout. Your whole body. Challenge your strength, cardio endurance, balance, and coordination with dynamic movements and a variety of equipment designed to keep you moving and progressing.

**Pilates Flow:** Improve your strength, mobility, posture, and balance through controlled, low-impact movements designed for every fitness level. This mindful class enhances core stability, flexibility, body awareness, and mental clarity while helping reduce stress and leaving you feeling stronger, more centered, and refreshed.

**Power Pilates:** A dynamic Pilates workout that blends controlled strength, core-focused movement, and functional exercises to build stability, balance, and body awareness. Expect a stronger core, improved posture, and a powerful full-body workout.

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

**NEW Roll & Release:** Description: Restore, recover, and move with greater ease in this guided self-myofascial release and mobility class. Using foam rollers and gentle stretching techniques, you'll improve flexibility, reduce muscle tension, increase joint mobility, and promote recovery while relieving stress and improving overall movement quality.

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

**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.

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

**Strengthen & Stretch:** Get stronger while moving better. This smart blend of strength training and stretching builds functional strength, improves range of motion, and keeps your body moving with confidence.

**Strike Strong:** Build strength, endurance, agility, and confidence through boxing-inspired drills that deliver a challenging full-body workout—no contact required. Improve coordination, balance, mental focus, and resilience while relieving stress and leaving each class feeling energized and empowered.

**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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