GROUP FITNESS SCHEDULE

FALL 2026



DATES & TIMES

MON

5:45-6:35 A.M.
SUNRISE CYCLE
WITH RON
PAVILION

7:30-8:15 A.M.
SHAPES
WITH RON
STUDIO

8:30-9:20 A.M.
POP PILATES
WITH RON
STUDIO

9:15-10:15 A.M
GENTLE YOGA
WITH EL
CONF RM C & D

9:30-10:20 A.M
THE BURN
WITH TONY
STUDIO

9:30-10:20 A.M.
AQUA BEATS
WITH MARILYN
POOL

10:30-11:30 A.M
GENTLE YOGA
WITH EL
CONF RM C & D

10:30-11:20 A.M
BARRE BLAST
WITH AYANA
STUDIO

5-5:50 P.M.
ZUMBA
WITH MONICA
STUDIO

5-5:50 P.M.
PERFORMANCE RIDE
WITH SHAUNA
PAVILION

6-6:50 P.M.
BODY BLAST
WITH RON
STUDIO

7:15-8:15 P.M.
ACTIVE RECOVERY: RELEASE, RESTORE, MOVE BETTER
WITH MERAV
STUDIO

TUES

7:30-8:20 A.M.
FUNCTIONAL STRENGTH
WITH BRENDA
STUDIO

8:30-9:20 A.M.
ARMS, ABS & BOOTY
WITH MICHELLE D.
STUDIO

8:30-9:20 A.M
AQUA DECK FITNESS
WITH MIGUEL
POOL DECK

9:30-10:20 A.M.
MAT PILATES
WITH ANDI
STUDIO

9:30-10:20 A.M.
AQUA BLAST
WITH MARCI
POOL

10:30-11:20 A.M.
MELT
WITH MARIJANE
CONF RM C & D

10:30-11:20 A.M.
ZUMBA
WITH KATIE T.
STUDIO

5-5:50 P.M.
FITCORE
WITH MIKA
STUDIO

5-5:50 P.M.
PERFORMANCE RIDE
WITH BRENDA
PAVILION

6-6:50 P.M.
CARDIO KICKBOXING
WITH CASEY
STUDIO

7-8:15 P.M.
VINYASA YOGA FLOW
WITH ELISSA
*
STUDIO

WED

5:45-6:15 A.M.
'HIIT' CYCLE
WITH RON
PAVILION

7:30-8:15 A.M.
STRENGTH DEVELOPMENT
WITH RON
STUDIO

7:30-8:15 A.M.
SHAPES
WITH RON
STUDIO

8:30-9:20 A.M.
PILATES FUSION
WITH SHAHAR
STUDIO

9:15-10:15 A.M
GENTLE YOGA
WITH JONAH
CONF RM C & D

9:30-10:20 A.M.
U-JAM
WITH KATIE
STUDIO

9:30-10:20 A.M.
AQUA BLAST
WITH MARCI
POOL

10:30-11:30 A.M.
GENTLE YOGA
WITH JONAH
CONF RM C & D

10:30-11:20 A.M
BEAT MODE
WITH CRIS-
STUDIO

5-5:50 P.M.
ZUMBA
WITH MONICA
STUDIO

5-5:50 P.M.
ROCK N' RIDE
WITH RANDY
PAVILION

6-6:50 P.M.
CARDIO KICKBOXING
WITH CASEY
STUDIO

THURS

7:30-8:20 A.M.
FUNCTIONAL STRENGTH
WITH BRENDA
STUDIO

8:30-9:20 A.M.
ARMS, ABS & BOOTY
WITH MICHELLE D.
STUDIO

8:30-9:30 A.M.
LI AQUA AEROBICS
POOL

9:15-10:15 A.M
GENTLE YOGA
CONF RM C & D

9:30-10:30 A.M.
AQUA SCULPT
WITH MARCI
POOL

9:30-10:20 A.M.
YOGALATES SCULPT
WITH HEIDI
STUDIO

10:30-11:30 A.M.
CHAIR YOGA *NEW*
CONF RM C & D

10:30-12:30 P.M.
LINE DANCING
WITH JEANNIE
STUDIO

5-5:50 P.M.
FITCORE
WITH MIKA
STUDIO

5-5:50 P.M.
PERFORMANCE RIDE
WITH JOSH
PAVILION

6-7:15 P.M.
VINYASA FLOW YOGA
WITH ELISSA
STUDIO

7:15-8:15 P.M.
ACTIVE RECOVERY: RELEASE, RESTORE, MOVE BETTER
WITH MERAV
STUDIO

FRI

5:45-6:35 A.M.
SUNRISE CYCLE
WITH RON
PAVILION

7:30-8:20A.M.
SHAPES
WITH RON
STUDIO

8:30-9:20 A.M.
YOGALATES
WITH BRENDA C.
STUDIO

9:15-10:15 A.M
GENTLE YOGA WITH EL
CONF RM C & D

9:30-10:20 A.M.
ZUMBA
WITH CRIS
STUDIO

9:30-10:20 A.M.
AQUA BEATS
STARTS 9/4
WITH MARILYN
POOL

10:30-11:30 A.M
GENTLE YOGA WITH EL
CONF RM C & D

10:30-11:30 A.M.
VINYASA YOGA
WITH SHANNON
STUDIO

SAT

7:45-8:50 A.M.
VINYASA FLOW YOGA
WITH ELISSA
STUDIO

8-8:50 A.M.
SPIN
WITH MORGAN
PAVILION

9-9:50 A.M.
TOTAL BODY CONDITIONING
WITH MOGAN
STUDIO

9-9:50 A.M.
ROCK N' RIDE
WITH RANDY
PAVILION

10-10:50 A.M.
ZUMBA
WITH CRIS
STUDIO

SUN

8:30-9:20 A.M.
BOSU BLAST
WITH LISA B.
STUDIO

9-9:50 A.M.
R-EVOLUTION
WITH SHANA
PAVILION

9:30-10:20 A.M.
YOGALATES
HADAR
STUDIO

10:30-11:20 A.M.
ZUMBA
WITH CHERRY
STUDIO

JCCOC HOURS

MONDAY-THURSDAY: 5 A.M.-9 P.M.
FRIDAY: 5 A.M.-6 P.M.
SATURDAY-SUNDAY: 7 A.M.-6 P.M.

POOL HOURS

MONDAY-THURSDAY: 5 A.M.-3:30 P.M. AND 6-8:30 P.M.
CLOSED 3:30-6 P.M. FOR SWIM TEAM
FRIDAY: 5 A.M.-3:30 P.M.
SATURDAY-SUNDAY: 7 A.M.-5:30 P.M.

WATER PARK HOURS

SATURDAY-SUNDAY: 11 A.M. TO 4 P.M.

GROUP FITNESS SCHEDULE

FALL 2026



CLASS DESCRIPTIONS

CYCLING

HIIT CYCLE THIS CLASS USES MEASURED INTERVALS OF MOVEMENT AND NON-MOVEMENT TO REACH MAXIMUM OXYGEN CONSUPTION IN 30 MINUTES. THIS CLASS WILL ENHANCE YOUR WORKOUT CAPACITY FOR ALL OTHER ACTIVITIES.
PERFORMANCE RIDE WHETHER YOU'RE JUST IN IT FOR THE RIDE, TRAINING FOR AN EVENT OR WANT TO TEST YOUR FITNESS LEVEL, THIS CLASS IS FOR YOU. OUR INSTRUCTORS WILL LEAD YOU THROUGH HILLS, INTERVAL TRAINING AND SPEED AND POWER WORK SO YOU ARE FASTER AND STRONGER THAN WHEN YOU WOKE UP.
R-EVOLUTION AN ENERGETIC AND MOTIVATING ENVIRONMENT WITH CONSTANT PROGRESSION. SHANA TAKES YOU THROUGH A VARIETY OF SKILLS AND DRILLS THAT HELP BUILD ENDURANCE, STRENGTH AND CARDIO FITNESS. STAY FOCUSED AND YOU WILL SEE THE RESULTS!
ROCK N' RIDE A ROCKIN' RIDE THAT INFUSES CLASSIC MUSIC OF ALL VARIETIES INTO THIS FUN YET CHALLENGING WORKOUT. GET READY TO ROCK OUT!
SPIN THIS CLASS SIMULATES A RIDE ON THE OPEN ROAD WITH SPRINTS, CLIMBS, INTERVALS AND CONSTANTLY RPMS. SET TO HIGH ENERGY MUSIC, THIS CLASS WILL CHALLENGE EVEN THE MOST SEASONED RIDER! ALL LEVELS WELCOME.
SUNRISE CYCLE TOUGH IT OUT IN THIS HIGH INTENSITY, CALORIE TORCHING CLASS WHERE YOU ARE PUSHED TO YOUR LIMITS! RON MAKES SURE YOU DON'T GET LEFT BEHIND BY COACHING YOU THROUGH STEEP HILLS AND TIMED INTERVALS THAT GET YOUR HEART POUNDING.

CARDIO/STRENGTH/TONING

ARMS, ABS & BOOTY IF YOU WANT TO TONE YOUR ARMS, ABS AND DERRIERE, THIS CLASS IS FOR YOU! UTILIZING RESISTANCE BANDS, FREE WEIGHTS AND YOUR OWN BODY WEIGHT, MICHELLE WILL HELP YOU SEE CHANGES WHERE IT COUNTS.
BARRE BLAST A HIGH ENERGY BARRE CLASS THAT TARGETS YOUR CORE AND EMPHASIZES PROPER ALIGNMENT ALL WHILE MOVING AND GROOVING TO FUN AND UPBEAT MUSIC. YOU WILL SEE IMPROVEMENTS IN YOUR BODY'S MECHANICS GIVING YOU THE TOOLS YOU NEED TO GET STRONGER.
BEAT MODE WEIGHTS HIT HARDER WHEN THE BEAT DROPS. LIFT, STEP, AND PULSE IN THIS HIGH-ENERGY STRENGTH CLASS SET TO FUN, BASS-BOOSTED MUSIC. SCULPT MUSCLE, BUILD ENDURANCE, AND SWEAT TO THE RHYTHM.
BODY BLAST BODY BLAST GIVES YOU A TOTAL BODY WORKOUT. CHRIS WILL COACH YOU THROUGH MOVES AND TECHNIQUES HELPING YOU ACHIEVE MUCH MORE THAN ON YOUR OWN! YOU'LL LEAVE THE CLASS FEELING CHALLENGED AND MOTIVATED, READY TO COME BACK FOR MORE!
FITCORE MAXIMIZE YOUR WORKOUT WITH THIS CARDIO INTENSIVE AND CORE COMBO CLASS. IT'S A FULL BODY, MUSCLE TONING WORKOUT.
FUNCTIONAL STRENGTH INCREASE STRENGTH, MUSCLE, BONE DENSITY AND MOBILITY THROUGH PRIMAL AND FUNCTIONAL MOVEMENT PATTERNS. THIS ENERGIZING FULL BODY WORKOUT WILL HELP BUILD A STRONGER MORE RESILIENT YOU!
SHAPES THIS LOW IMPACT HIGH INTENSITY PROGRAM DRAWS FROM PILATES, BARRE, AND POWER YOGA TO SCULPT AND STRENGTHEN ALL MAJOR MUSCLE GROUPS THROUGH CONTROLLED AND MEASURED ACTIVITIES GIVING PARTICIPANTS THE "BURN" (RESULTS) THEY SEEK.
BOSU BLAST TAKE YOUR TRAINING TO A NEW LEVEL. A HIGH ENERGY BODY CONDITIONING CLASS INCORPORATING RESISTANCE, INTERVAL, STRENGTH, AND ENDURANCE TRAINING
SOLID CORE STRENGTHEN AND TONE YOUR MIDSECTION ALL THE WAY FROM YOUR GLUTES TO YOUR SHOULDERS IN THIS 30- MINUTE CORE-BLASTING CLASS.
THE BURN A HIGH ENERGY MIX OF CARDIOVASCULAR AND STRENGTH EXERCISES PRIMARILY USING DUMBBELLS AND BODYWEIGHT. ADAPTABLE FOR ALL FITNESS LEVELS.
TOTAL BODY CONDITIONING GET READY FOR A TOTAL BODY WORKOUT. THIS CLASS IS GUARANTEED TO TAKE YOUR TRAINING TO A NEW LEVEL! THIS CLASS HAS IT ALL; CARDIO, PLYOMETRICS, AND STRENGTH TO MAXIMIZE YOUR WORKOUT. THIS IS A HIGH ENERGY BODY CONDITIONING CLASS INCORPORATING RESISTANCE, INTERVAL, STRENGTH, AND ENDURANCE TRAINING.
STRENGTH DEVELOPMENT THIS CLASS IS DESIGNED TO BUILD STRENGTH, MUSCLE MASS, AND IMPROVE ATHLETIC PERFORMANCE. KEY ELEMENTS: PROGRESSIVE OVERLOAD, PHASED AND TIMED INTERVAL APPROACH, TECHNIQUE DRIVEN, VARIED EXERCISES CHANGING EVERY WEEK, SUITABEL FOR ALL LEVELS.
STRENGTH AND MOBILITY FLOW: A FUNCTIONAL STRENGTH AND MOBILITY CLASS WITH A CALM, FOCUSED VIBE. USING BODYWEIGHT MOVEMENTS, YOU'LL BUILD STRENGTH, IMPROVE FLEXIBILITY, AND ENHANCE AGILITY

AQUA/DANCE

AQUA BLAST A HIGH INTENSITY, FULL BODY WORKOUT THAT FOCUSES ON TONING, TIGHTENING AND STRENGTHENING YOUR MUSCLES BY WORKING AGAINST THE WATERS RESISTANCE. A GREAT CLASS FOR ATHLETES OF ALL ABILITIES
AQUA DECK FITNESS DRY-LAND TRAINING TO SUPPLEMENT WATER RESISTANCE MOVEMENTS IN THE POOL. CLASS FOCUSES ON GENERAL FITNESS, STRETCHING AND TONING. A GREAT SUPPLEMENT TO AQUA AEROBICS.
AQUA BEATS WITH MARILYN - 70 MINUTE DEEP WATER WORKOUT!AQUA BEATS IS A DEEP WATER CLASS THAT IS ENERGETIC, FUN, AND MUSIC-FOCUSED. LEARN CHOREOGRAPHED MOVES THAT CHALLENGE YOU TO WORK EVERY MUSCLE GROUP WHILE KEEPING TIME TO THE MUSIC.
AQUA BURN WITH DIANE -AQUA BURN IS A 55 MINUTE CLASSIC DEEP WATER AQUA AEROBICS CLASS COMBINED WITH SHORT BREAKOUTS OF DYNAMIC MOVEMENT. YOU WILL LEARN TO KICK, SCULL AND TREAD WATER MORE EFFICIENTLY BETWEEN STATIONARY SETS. THIS CLASS IS FOR AQUA AEROBIC ENTHUSIASTS AND CASUAL LAP SWIMMERS.
LI AQUA AEROBICS INCREASE YOUR STRENGTH, FLEXIBILITY AND AEROBIC CONDITIONING THROUGH WATER RESISTANCE WITHOUT EXPERIENCING JOINT STRESS. LOW IMPACT DENOTES AN EASIER CLASS. GREAT FOR ANYONE RECOVERING FROM AN INJURY OR WITH ARTHRITIS OR OSTEOPOROSIS.
HOLLYWOOD GLAMOUR WATER BALLET LEARN THE BEAUTIFUL ART OF WATER BALLET WITH DIANNE DAUCHER, A NATIONAL CHAMPION AND INTERNATIONAL PERFORMER IN SYNCHRONIZED SWIMMING. THIS CLASS CAPTURES THE SPIRIT OF WORLD'S FAIR AND HOLLYWOOD WATER SHOWS, RIGHT HERE AT THE J!
U-JAM A DANCE WORKOUT THAT MAKES YOU WORK WHILE YOU MOVE! THIS DANCE PARTY HAS ALL OF THE BEST MUSIC WITH EASY-TO-FOLLOW- MOVES TO ENSURE A FUN AND ENRICHING WORK OUT EXPERIENCE. DANCE YOUR WAY INTO A SWEAT WITH CONNIE!
ZUMBA® IS AN EXHILARATING, LATIN INSPIRED, CALORIE-BURNING DANCE PARTY FEATURING EXOTIC RHYTHMS SET TO HIGH-ENERGY LATIN AND INTERNATIONAL BEATS.
LINE DANCING LEARN THE LATEST AND HOTTEST LINE DANCES! EASY TO LEARN FOR ALL LEVELS! GRAB A FRIEND, BURN SOME CALORIES AND GET READY TO MOSEY ON OVER FOR 90 + MINUTES OF FUN!

MIND/BODY

YOGALATES SCULPT COMBINES THE MINDFUL FLOW AND FLEXIBILITY OF YOGA WITH THE CORE-STRENGTHENING PRINCIPLES OF PILATES AND LIGHT STRENGTH TRAINING. EXPECT A FULL-BODY WORKOUT THAT BUILDS LEAN MUSCLE, IMPROVES BALANCE AND MOBILITY, AND LEAVES YOU FEELING STRONG, ENERGIZED, AND REFRESHED.
GENTLE YOGA STUDENTS ARE GUIDED THROUGH A GENTLE SERIES OF YOGA POSTURES THAT WILL INCREASE FLEXIBILITY, IMPROVE CIRCULATION AND CULTIVATE MORE ENERGY.
CHAIR YOGA A GENTLE, SUPPORTIVE CLASS DESIGNED TO IMPROVE FLEXIBILITY, BALANCE, STRENGTH, AND RELAXATION. USING A CHAIR FOR SEATED AND STANDING POSES, THIS CLASS IS IDEAL FOR SENIORS AND ANYONE SEEKING A SAFE, ACCESSIBLE YOGA PRACTICE.
PILATES FUSION DEVELOP CORE STRENGTH, FLEXIBILITY, AND MUSCULAR ENDURANCE WHILE FOCUSING ON PROPER BREATHING AND POSTURE. INTERMEDIATE/ADVANCED MAT AND PILATES FUSION ARE AT A FASTER PACE WITH A HIGHER LEVEL OF DIFFICULTY. STRETCHING WILL BE INCLUDED IN THIS CLASS
MELT THE MELT METHOD UTILIZES CUSTOM MELT BALLS AND ROLLERS TO HELP MASSSAGE AWAY TIGHTNESS CAUSED BY INJURY OR STRESS. THIS SYSTEM WILL IMPROVE FLEXABILITY, MOBILITY AND POSTURE WHILE REDUCING ACHES , PAIN AND TENSION. ADVANCED MELT PARTICIPANTS SHOULD HAVE A MINIMUM OF 6 MONTHS EXPERIENCE.
POP PILATES® IS AN INCREDIBLE FUSION OF AB-CHISELING AND TOTAL BODY DEFINING MOVES CHOREOGRAPHED TO UPBEAT POP SONGS. THIS INTENSE, MAT-BASED WORKOUT CHALLENGES STUDENTS TO RHYTHMICALLY FLOW FROM ONE EXERCISE TO THE NEXT, DEVELOPING A ROCK-SOLID CORE WHILE LEAVING NO MUSCLE UNTOUCHED. THIS FORMAT TAKES CLASSICAL PILATES TO THE NEXT LEVEL LIKE YOU'VE NEVER SEEN BEFORE. WHILE MOST POP PILATES® MOVES ORIGINATE FROM CLASSICAL PILATES; THE CLASS DESIGN, RELATIONSHIP WITH MUSIC, SEQUENCING AND REPS, DIFFER FROM TRADITIONAL MAT CLASSES. BE PREPARED TO EXPERIENCE PILATES IN A WHOLE NEW WAY
VINYASSA FLOW/HATHA YOGA LINKS BREATHING AND MOVEMENT THROUGH A NIMBLE SEQUENCE OF SUN SALUTATIONS AND POSTURE. THE SMOOTH, CONTINUOUS FLOW DEEPENS BREATHING, INCREASES ENDURANCE, AND WILL IMPROVE BALANCE AND FLEXIBLY.
YOGALATES THIS CLASS WILL TONE CORE MUSCLES, STRENGTHEN, STRETCH AND GENERALLY MAKE YOU FEEL BETTER.
YOGA FLOW UNWIND AND REJUVENATE WITH OUR YOGA FLOW CLASS, THOUGHTFULLY DESIGNED TO CATER TO ALL OUR MEMBERS. THIS CLASS COMBINES GENTLE, FLOWING MOVEMENTS WITH RESTORATIVE POSES TO HELP YOU RELAX, RELEASE TENSION, AND FIND INNER PEACE. PERFECT FOR ALL LEVELS, THIS SESSION FOCUSES ON SLOW, MINDFUL MOVEMENT AND DEEP, RESTORATIVE RELAXATION.
ACTIVE RECOVERY: RELEASE, RESTORE, MOVE BETTER THIS CLASS IS DESIGNED TO HELP YOUR BODY RECOVER WHILE STAYING ACTIVE. YOU'LL SPEND TIME RELEASING TIGHT MUSCLES USING BALLS AND FOAM ROLLERS, FOLLOWED BY MOBILITY-FOCUSED STRETCHING TO IMPROVE FLEXIBILITY AND MOVEMENT QUALITY.
PERFECT FOR ALL LEVELS AND A GREAT COMPLEMENT TO STRENGTH AND CARDIO TRAINING.