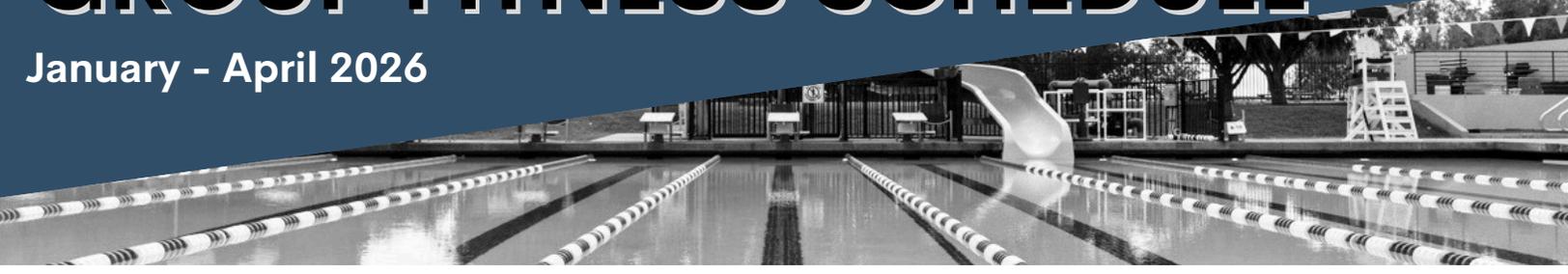


# GROUP FITNESS SCHEDULE



January - April 2026



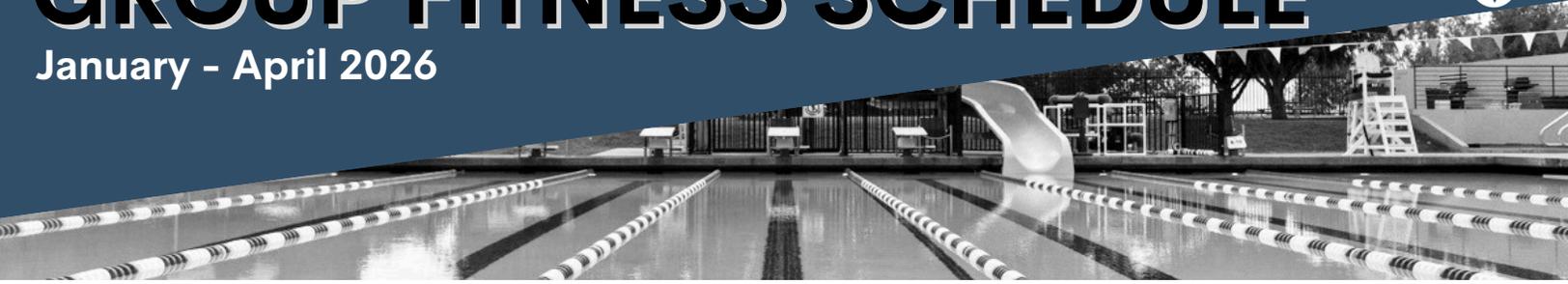
## DATES & TIMES

MON	TUES	WED	THURS	FRI	SAT	SUN
<p>5:45-6:35 A.M. <b>SUNRISE CYCLE</b> WITH RON <i>PAVILION</i></p> <p>7:30-8:15 A.M. <b>SHAPES</b> WITH RON <i>STUDIO</i></p> <p>8:30-9:20 A.M. <b>POP PILATES</b> WITH RON <i>STUDIO</i></p> <p>9:15-10:15 A.M. <b>GENTLE YOGA</b> WITH EL <i>BOARD RM</i></p> <p>9:30-10:20 A.M. <b>THE BURN</b> WITH TONY <i>STUDIO</i></p> <p>9:30 A.M. <b>AQUA BEATS</b> WITH MARILYN <i>POOL</i></p> <p>10:30-11:30 A.M. <b>GENTLE YOGA</b> WITH EL <i>BOARD RM</i></p> <p>10:30-11:20 A.M. <b>BARRE BLAST</b> WITH AYANA  <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>ZUMBA</b> WITH MONICA <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>PERFORMANCE RIDE</b> WITH SHAUNA <i>PAVILION</i></p> <p>6:00-6:50 P.M. <b>BODY BLAST</b> WITH CHRIS <i>STUDIO</i></p> <p>7:15-8:15 P.M. <b>RELAX, RELEASE &amp; RECOVER</b> WITH MERAV <i>STUDIO</i></p>	<p>7:30-8:20 A.M. <b>FUNCTIONAL STRENGTH</b> WITH BRENDA <i>STUDIO</i></p> <p>8:30-9:20 A.M. <b>ARMS, ABS &amp; BOOTY</b> WITH MICHELLE D. <i>STUDIO</i></p> <p>8:30-9:20 A.M. <b>AQUA DECK FITNESS</b> WITH MIGUEL <i>POOL DECK</i></p> <p>9:30-10:20 A.M. <b>MAT PILATES</b> WITH ANDI <i>STUDIO</i></p> <p>9:30 A.M. <b>AQUA BLAST</b> WITH MARCI <i>POOL</i></p> <p>10:30-11:20 A.M. <b>MELT</b> WITH MARIJANE <i>BOARD RM</i></p> <p>10:30-11:20 A.M. <b>ZUMBA</b> WITH KATIE T.  <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>FITCORE</b> WITH MIKA <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>PERFORMANCE RIDE</b> WITH BRENDA <i>PAVILION</i></p> <p>6:00-6:50 P.M. <b>CARDIO KICKBOXING</b> WITH CASEY <i>STUDIO</i></p> <p>7:00-8:00 P.M. <b>YOGA FLOW</b> WITH JONAH <i>STUDIO</i></p>	<p>5:45-6:15 A.M. <b>'HIIT' CYCLE</b> WITH RON <i>PAVILION</i></p> <p>7:30-8:15 A.M. <b>STRENGTH DEVELOPMENT</b> WITH RON <i>STUDIO</i></p> <p>8:30-9:20 A.M. <b>PILATES FUSION</b> WITH SHAHAR <i>STUDIO</i></p> <p>9:15-10:15 A.M. <b>GENTLE YOGA</b> WITH JONAH <i>BOARD RM</i></p> <p>9:30-10:20 A.M. <b>U-JAM</b> WITH CONNIE <i>STUDIO</i></p> <p>9:30 A.M. <b>AQUA BLAST</b> WITH MARCI <i>POOL</i></p> <p>10:30-11:30 A.M. <b>GENTLE YOGA</b> WITH JONAH <i>BOARD RM</i></p> <p>10:30-11:20 A.M. <b>BEAT MODE</b> WITH CRIS- <i>NEW</i>  <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>ZUMBA</b> WITH MONICA <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>ROCK N' RIDE</b> WITH RANDY <i>PAVILION</i></p> <p>6:00-6:50 P.M. <b>CARDIO KICKBOXING</b> WITH CHRIS <i>STUDIO</i></p>	<p>7:30-8:20 A.M. <b>FUNCTIONAL STRENGTH</b> WITH BRENDA <i>STUDIO</i></p> <p>8:30-9:20 A.M. <b>ARMS, ABS &amp; BOOTY</b> WITH MICHELLE D. <i>STUDIO</i></p> <p>8:30-9:30 A.M. <b>LI AQUA AEROBICS</b> <i>POOL</i></p> <p>9:30-10:30 A.M. <b>AQUA SCULPT</b> WITH MARCI <i>POOL</i></p> <p>9:30-10:20 A.M. <b>FLOW MOTION</b> WITH HEIDI <i>STUDIO</i></p> <p>10:30-12:30 P.M. <b>LINE DANCING</b> WITH JEANNIE <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>FITCORE</b> WITH MIKA <i>STUDIO</i></p> <p>5:00-5:50 P.M. <b>PERFORMANCE RIDE</b> WITH JOSH <i>PAVILION</i></p> <p>6-7:15 P.M. <b>VINYASA FLOW YOGA</b> WITH ELISSA <i>STUDIO</i></p> <p>7:15-8:15 P.M. <b>RELAX, RELEASE &amp; RECOVER</b> WITH MERAV <i>STUDIO</i></p>	<p>5:45-6:35 A.M. <b>SUNRISE CYCLE</b> WITH RON <i>PAVILION</i></p> <p>7:30-8:15A.M. <b>SHAPES</b> WITH RON <i>*STARTS 9/3*</i> <i>STUDIO</i></p> <p>8:30-9:20 A.M. <b>YOGALATES</b> WITH REGINA <i>STUDIO</i></p> <p>9:15-10:15 A.M. <b>GENTLE YOGA</b> WITH EL <i>BOARD RM</i></p> <p>9:30-10:20 A.M. <b>ZUMBA</b> WITH CRIS <i>STUDIO</i></p> <p>9:30 A.M. <b>AQUA BEATS</b> WITH MARILYN <i>POOL</i></p> <p>10:30-11:30 A.M. <b>GENTLE YOGA</b> WITH EL <i>BOARD RM</i></p> <p>10:30-11:30 A.M. <b>VINYASA YOGA</b> WITH SHANNON <i>STUDIO</i></p>	<p>7:45-8:50 A.M. <b>VINYASA FLOW YOGA</b> WITH ELISSA <i>STUDIO</i></p> <p>8:00-8:50 A.M. <b>SPIN</b> WITH SHAUNA (SUB) <i>PAVILION</i></p> <p>9:00-9:50 A.M. <b>TOTAL BODY CONDITIONING</b> WITH JONATHAN (SUB) <i>STUDIO</i></p> <p>9:00-9:50 A.M. <b>ROCK N' RIDE</b> WITH RANDY <i>PAVILION</i></p> <p>10:00-10:50 A.M. <b>ZUMBA</b> WITH CRIS <i>STUDIO</i></p>	<p>8:30-9:20 A.M. <b>BOSU BLAST</b> WITH LISA B. <i>STUDIO</i></p> <p>9:00-9:50 A.M. <b>R-EVOLUTION</b> WITH SHANA <i>PAVILION</i></p> <p>9:30-10:20 A.M. <b>YOGALATES</b> HADAR <i>STUDIO</i></p> <p>10:30-11:20 A.M. <b>ZUMBA</b> WITH CHERRY <i>STUDIO</i></p>
<p><b>JCCOC HOURS</b>  <b>MONDAY-THURSDAY: 5 A.M.-9 P.M.</b>  <b>FRIDAY: 5 A.M.-6 P.M.</b>  <b>SATURDAY-SUNDAY: 7 A.M.-6 P.M.</b></p>						
<p><b>POOL HOURS</b>  <b>MONDAY-THURSDAY: 5 A.M.-3:30 P.M. AND 6-8:30 P.M.</b>  <i>*CLOSED 3:30-6 P.M. FOR SWIM TEAM</i>  <b>FRIDAY: 5 A.M.-3:30 P.M.</b>  <b>SATURDAY-SUNDAY: 7 A.M.-5:30 P.M.</b></p>						
<p><b>WATER PARK HOURS</b>  <b>SATURDAY-SUNDAY: 11 A.M. TO 4 P.M.</b></p>						

# GROUP FITNESS SCHEDULE



January - April 2026



## CLASS DESCRIPTIONS

### CYCLING

**HIIT CYCLE** THIS CLASS USES MEASURED INTERVALS OF MOVEMENT AND NON-MOVEMENT TO REACH MAXIMUM OXYGEN CONSUMPTION 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 WOKED 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, SUITABLE FOR ALL LEVELS.

### 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

**FLOW MOTION** THIS FLOW MOTION PRACTICE IS JUST WHAT YOU NEED! WHILE STRETCHING MUSCLES, FASCIA AND CONNECTIVE TISSUES, YOU WILL ALSO BUILD ENDURANCE AND STRENGTH TO YOUR BODY. THESE CLASSES ARE INTENDED TO BRING REFINEMENT TO YOUR ALIGNMENT AND DEVELOP YOUR STAMINA WHILE BRINGING YOU JOY AND PEACE. YOU'LL LEAVE CLASS FEELING MORE CAREFREE AND ENERGETIC!

**GENTLE YOGA** STUDENTS ARE GUIDED THROUGH A GENTLE SERIES OF YOGA POSTURES THAT WILL INCREASE FLEXIBILITY, IMPROVE CIRCULATION AND CULTIVATE MORE ENERGY.

**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 MASSAGE AWAY TIGHTNESS CAUSED BY INJURY OR STRESS. THIS SYSTEM WILL IMPROVE FLEXIBILITY, MOBILITY AND POSTURE WHILE REDUCING ACES, 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.

**RELAX, RELEASE & RECOVER** THIS CLASS IS DESIGNED TO IMPROVE FLEXIBILITY AND FACILITATE MUSCLE RECOVERY. MERAV WILL GUIDE YOU THROUGH VARIOUS STRETCHES AND SELF MYOFASCIAL RELEASE. LEAVE FEELING RELAXED AND REFRESHED!