

GROUP FITNESS SCHEDULE



JUNE - AUGUST 2025



DATES & TIMES

MON	TUES	WED	THURS	FRI	SAT	SUN
5:45-6:35 A.M. SUNRISE CYCLE WITH RON <i>PAVILION</i>	7:30-8:20 A.M. FUNCTIONAL STRENGTH WITH BRENDA <i>STUDIO</i>	5:45-6:15 A.M. 'HIIT' CYCLE WITH RON <i>PAVILION</i>	7:30-8:20 A.M. FUNCTIONAL STRENGTH WITH BRENDA <i>STUDIO</i>	5:45-6:35 A.M. SUNRISE CYCLE WITH RON <i>PAVILION</i>	7:45-8:50 A.M. VINYASA FLOW YOGA WITH ELISSA <i>STUDIO</i>	8:30-9:20 A.M. BOSU BLAST WITH LISA B. <i>STUDIO</i>
7:30-8:15 A.M. SIZZLE WITH RON <i>STUDIO</i>	8:30-9:20 A.M. ARMS, ABS & BOOTY WITH MICHELLE D. <i>STUDIO</i>	7:30-8:15 A.M. SIZZLE WITH RON <i>STUDIO</i>	8:30-9:20 A.M. ARMS, ABS & BOOTY WITH MICHELLE D. <i>STUDIO</i>	7:30-8:15A.M. SIZZLE WITH RON <i>STUDIO</i>	8:00-8:50 A.M. SPIN WITH MORGAN <i>PAVILION</i>	9:00-9:50 A.M. R-EVOLUTION WITH SHANA <i>PAVILION</i>
8:30-9:20 A.M. POP PILATES WITH RON <i>STUDIO</i>	8:30-9:20 A.M. AQUA DECK FITNESS WITH MIGUEL <i>POOL DECK</i>	8:30-9:20 A.M. PILATES FUSION WITH SHAHAR <i>STUDIO</i>	8:30-9:30 A.M. LI AQUA AEROBICS <i>POOL</i>	8:30-9:20 A.M. YOGALATES WITH REGINA <i>STUDIO</i>	9:00-9:50 A.M. TOTAL BODY CONDITIONING WITH MORGAN <i>STUDIO</i>	9:30-10:20 A.M. YOGALATES RON <i>STUDIO</i>
9:15-10:15 A.M. GENTLE YOGA WITH EL <i>BOARD RM</i>	9:30-10:20 A.M. MAT PILATES WITH ANDI <i>STUDIO</i>	9:15-10:15 A.M. GENTLE YOGA WITH JONAH <i>BOARD RM</i>	9:30-10:30 A.M. AQUA SCULPT WITH MARCI <i>POOL</i>	8:30 A.M. (6/6-8/22) HOLLYWOOD GLAMOUR WATER BALLET WITH DIANNE <i>POOL</i>	9:00-9:50 A.M. ROCK N' RIDE WITH RANDY <i>PAVILION</i>	10:30-11:20 A.M. ZUMBA WITH CHERRY <i>STUDIO</i>
9:30-10:20 A.M. THE BURN WITH TONY <i>STUDIO</i>	10:00-11 A.M. AQUA BLAST WITH MARCI <i>POOL</i>	9:30-10:20 A.M. U-JAM WITH CONNIE <i>STUDIO</i>	9:30-10:20 A.M. FLOW MOTION WITH HEIDI <i>STUDIO</i>	9:15-10:15 A.M. GENTLE YOGA WITH EL <i>BOARD RM</i>	10:00-10:50 A.M. ZUMBA WITH CRIS <i>STUDIO</i>	
10:00-11:10 A.M. AQUA BEATS WITH MARILYN <i>POOL</i>	10:30-11:20 A.M. MELT WITH MARIJANE <i>BOARD RM</i>	10:00-11 A.M. AQUA BLAST WITH MARCI <i>POOL</i>	10:30-12:30 P.M. LINE DANCING WITH JEANNIE <i>STUDIO</i>	9:30-10:20 A.M. ZUMBA WITH BIANCA <i>STUDIO</i>		
10:30-11:30 A.M. GENTLE YOGA WITH EL <i>BOARD RM</i>	10:30-11:20 A.M. ZUMBA WITH BIANCA <i>STUDIO</i>	10:30-11:30 A.M. GENTLE YOGA WITH JONAH <i>BOARD RM</i>		10:00-11:10 A.M. AQUA BEATS WITH MARILYN <i>POOL</i>		
10:30-11:20 A.M. LOW IMPACT DANCE *NEW* WITH AYANA <i>STUDIO</i>	5:00-5:50 P.M. FITCORE WITH MIKA <i>STUDIO</i>	10:30-11:20 A.M. BARRE BLAST WITH AYANA <i>*NEW* STUDIO</i>	5:00-5:50 P.M. FITCORE WITH MIKA <i>STUDIO</i>	10:30-11:30 A.M. GENTLE YOGA WITH EL <i>BOARD RM</i>		
5:00-5:50 P.M. ZUMBA WITH MONICA <i>STUDIO</i>	5:00-5:50 P.M. PERFORMANCE RIDE WITH BRENDA <i>PAVILION</i>	5:00-5:50 P.M. ZUMBA WITH MONICA <i>STUDIO</i>	5:00-5:50 P.M. PERFORMANCE RIDE WITH BRENDA <i>PAVILION</i>	10:30-11:30 A.M. HATHA YOGA WITH SHANNON <i>STUDIO</i>		
5:00-5:50 P.M. PERFORMANCE RIDE WITH SHAUNA <i>PAVILION</i>	6:00-6:50 P.M. CARDIO KICKBOXING WITH CASEY <i>STUDIO</i>	5:00-5:50 P.M. ROCK N' RIDE WITH RANDY <i>PAVILION</i>	6-7:15 P.M. VINYASA FLOW YOGA WITH ELISSA <i>STUDIO</i>			
6:00-6:50 P.M. BODY BLAST WITH CHRIS <i>STUDIO</i>	7:00-8:00 P.M. YOGA FLOW WITH JONAH <i>STUDIO</i>	6:00-6:50 P.M. CARDIO KICKBOXING WITH CHRIS <i>STUDIO</i>	7:15-8:15 P.M. RELAX, RELEASE & RECOVER WITH MERAV <i>STUDIO</i>			
7:15-8:15 P.M. RELAX, RELEASE & RECOVER WITH MERAV <i>STUDIO</i>		7-8:30 P.M. BEGINNER LINE DANCING WITH JEANNIE <i>STUDIO</i>				

FACILITY 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

Summer 2025



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 WOK 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.

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!

SIZZLE A 45 MINUTE FULL BODY LOW IMPACT STRENGTH PROGRAM THAT QUICKLY FINDS THE BURN AND KEEPS THAT HOT SPOT AS LONG AS POSSIBLE. IT'S A LITTLE PILATES, POWER YOGA AND BARRE. YOU SOON REALIZE IT'S THE WORKOUT YOU NEVER KNEW YOU NEEDED.

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.

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!

LOW IMPACT DANCE THIS ENERGIZING CLASS COMBINES FUN, EASY STEPS TO FOLLOW DANCE ROUTINES WITH LOW IMPACT MOVES THAT ARE GENTLE ON YOUR JOINTS. PERFECT FOR ANYONE LOOKING FOR A GREAT WORKOUT THAT'S FUN AND EFFECTIVE!

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!

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!