

Group Exercise Schedule • May 2026

TIME	CLASS	STUDIO	INSTRUCTOR
MONDAY			
6 am	Hard Core Strength	GF	Andy
8:30 am	Pure Strength	GF	Laura H.
8:30 am	TRX (45 minutes)	Gym	Kate
9:30 am	Slow Flow Yoga	R	Jeanne
9:30 am	Cycle and Strength	C	Michelle S.
10 am	Low Impact Cardio & Weights	GF	Chariss
11 am	Chair Yoga	GF	Nikki
6 pm	Kickboxing	GF	Leigh
6 pm	Slow Flow Yoga	R	Eleanor

TIME	CLASS	STUDIO	INSTRUCTOR
TUESDAY			
6 am	Cardio Sculpt	GF	Laura B.
8:30 am	Slow Flow Yoga	R	Brian
8:30 am	4-3-2	GF	Laura H.
9:35 am	Pilates Mat	R	Annie
9:45 am	Power Strength Circuit	GF	Jody
11 am	Zumba Gold	GF	Len
1 pm	Tai Chi	R	Alla
6 pm	Barre	R	Pia
6 pm	Cardio Dance	GF	Lori
6:30 pm	Cycle	C	Erin
7 pm	Women's Functional Training \$\$	GF	Ronly

TIME	CLASS	STUDIO	INSTRUCTOR
WEDNESDAY			
6 am	Cycle	C	Jamie
6:30 am	Shaolin Iron Body	GF	Alla
8:30 am	Mindful Meditation (30 mins)	R	Eleanor
8:30 am	Pure Strength	GF	Kate
9:30 am	Slow Flow Yoga	R	Ilene
9:35 am	Kickboxing	GF	Katie P.
11:30 am	Chair Yoga	GF	Katarina
4:30 pm	Pilates Mat	R	Annie
6 pm	Pure Strength	GF	Cheryl
6 pm	Power Vinyasa Yoga	R	Ilene

TIME	CLASS	STUDIO	INSTRUCTOR
THURSDAY			
6 am	Bosu Sports Conditioning	GF	Joel
8:30 am	Step	GF	Lynda
8:30 am	Barre	R	Pia
9:35 am	Shred	GF	Ronly
9:45 am	Slow Flow Yoga	R	Annie
11 am	Prime Time	GF	Sue
1 pm	Tai Chi	R	Alla
6 pm	HIIT	GF	Andy
6 pm	Warrior Sculpt Yoga	R	Laura
7 pm	Women's Functional Training \$\$	GF	Ronly

TIME	CLASS	STUDIO	INSTRUCTOR
FRIDAY			
6 am	Boot Camp	GF	Jaime
6 am	Cycle	C	Erin
8:30 am	Kickboxing	GF	Lynda
8:30 am	TRX (45 minutes)	Gym	Kate
9:30 am	Cycle	C	Chariss
9:30 am	Slow Flow Yoga (75 minutes)	R	Paul
9:45 am	Pure Strength	GF	Jody
11 am	Cardio Strength Silver	GF	Pia

TIME	CLASS	STUDIO	INSTRUCTOR
SATURDAY			
8:30 am	Cycle	C	Jaime
8:30 am	Slow Flow Yoga	R	Johanna
9 am	Pilates Mat	GF	Marla
10:05 am	Boot Camp	GF	Leigh
11:15 am	WERQ	GF	Jenn

TIME	CLASS	STUDIO	INSTRUCTOR
SUNDAY			
8:10 am	Slow Flow Yoga (75 minutes)	R	Paul
8:30 am	Women's Functional Training \$\$	GF	Ronly
9:30 am	Cycle	C	Erin
9:35 am	Power Vinyasa Yoga	R	Ilene
9:35 am	WERQ	GF	Lauren
11:30 am	Beginners Tai Chi	GF	Alla
1 pm	Pilates Mat	GF	Alice

**All changes/subs will be posted in the My J app.
Notifications to the My J app will be sent for last minute cancellations.**

Classes are subject to change

- Classes are one hour in length unless noted.
- Proper athletic shoes required. Bring your own water & mat.
- Age minimum is 13 years.
- Participants must arrive within 10 minutes of scheduled start time.
- Please leave all personal items at home or store them in a locker.

Studio Key

GF = Group Fitness Studio GYM = Court D
 C = Cycle Studio M = Mezzanine
 R = Rzepka Yoga Studio \$ = Fee-based
 \$\$ = Fee-based; *advanced registration required*

Classes are for all levels

■ New Time ■ New Location ■ New Class ■ New/Substitute Instructor

SCAN FOR OUR ONLINE SEARCHABLE SCHEDULE

