Group Exercise Schedule • November 2026

TIME	CLASS	STUDIO	INSTRUCTOR
MONDAY			
6 am	Cycle	C	Kurt
6 am	Hard Core Strength	GF	Andy
8:30 am	Pure Strength	GF	Laura H.
8:30 am	TRX *(45 minutes)*	Gym	Jill H.
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	**Bootcamp Circuit**	**GF**	**Jaime**
6 pm	Slow Flow Yoga	R	Eleanor
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.
9:45 am	Power Strength Circuit	GF	Jody
9:45 am	Pilates Mat *(45 minutes)*	R	Christina
11 am	Zumba Gold	GF	Len
1 pm	Tai Chi	R	Alla
6 pm	Barre	R	Pia
6 pm	**ZUMBA** *(45 minutes)*	**G**	**Suzy**
6:30 pm	**Cycle**	**C**	**Erin**
7 pm	Women's Functional Training $$	GF	Ronly
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
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
11 am	Pilates Mat *(45 minutes)*	R	Christina
1 pm	Tai Chi	R	Alla
6 pm	Warrior Sculpt	R	Laura B.
6 pm	HIIT	GF	Andy
7 pm	Women's Functional Training $$	GF	Ronly
FRIDAY			
6 am	Boot Camp	GF	Jaime
6 am	Cycle	C	Erin
8:30 am	Kickboxing	GF	Lynda
8:30 am	TRX *(45 minutes)*	Gym	Kate
9:30 am	Cycle	C	Chariss
9:30 am	Slow Flow Yoga *(75 minutes)*	R	Paul
9:45 am	Pure Strength	GF	Jody
11 am	Cardio Strength Silver	GF	Pia
SATURDAY			
8:30 am	Cycle	C	Jaime
8:30 am	Slow Flow Yoga	R	Johanna
9 am	Pilates Mat	GF	Marla
10:05 am	Boot Camp	GF	Leigh
11:15 am	WERQ	GF	Jenn
SUNDAY			
8:10 am	Slow Flow Yoga *(75 minutes)*	R	Paul
8:15 am	**Women's Functional Training $$**	**GF**	**Ronly**
9:20 am	**WERQ**	**GF**	**Lauren**
9:30 am	Cycle	C	Erin
9:35 am	Power Vinyasa Yoga	R	Ilene
10:25 am	**Kickboxing**	**GF**	**Leigh**
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
C = Cycle Studio
R = Rzepka Yoga Studio
GYM = Court D
M = Mezzanine
$ = 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

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GROUP EXERCISE **DESCRIPTIONS**

4-3-2 A full-body workout with intervals of 4 minutes of cardio, 3 minutes of strength and 2 minute of core work.

Barre Core work to lengthen, strengthen and shape your muscles that combines ballet-inspired movements, muscle sculpting, yoga stretching and Pilates.

Boot Camp Circuit This high-intensity, non-stop cardio and strength class will push you to your limits. A variety of equipment will be used as you rotate through stations.

BOSU Sports Conditioning Incorporates a BOSU (1/2 balance trainer) with weights and athletic drills to challenge your balance and strengthen your core.

Cardio Sculpt Alternates cardio and strength intervals for a full-body workout.

Cardio Strength Silver A mix of low impact cardio and strength exercises geared to our senior members.

Chair Yoga A modified yoga class designed for participants who have limited mobility. Half of the class is performed in chairs. No floor work involved.

Cycle and Strength 30 minutes of climbs and sprints using the stationary bike, followed by 30 minutes of strength training using various equipment.

Cycle/Spin A heart-pumping workout to music with climbs and sprints.

Hard Core Strength and Cardio A great full body workout using intervals of body blasting sculpting and cardio moves.

HIIT A high-intensity aerobic workout with alternating intervals and active recovery.

Kickboxing A full-body shadowboxing class to kick start your cardio, tighten your core and improve lean muscle tone. Bring your own boxing gloves.

Low Impact Cardio and Weights Cardio moves with less stress on your joints for improved mobility, balance and strength.

Mindful Meditation Meditation relaxes the body, calms the mind, and helps to relieve stress. This 30 minute practice will include breathing exercises, mindfulness techniques, gentle stretching , and a focused 5 minute meditation. All are welcome regardless of experience!

Mixed Levels Yoga Whether new to yoga or experienced, this class is for you. You can expect breath work, alignment and mindfulness, inversions for all levels, and cooling floor stretches.

Pilates Mat A very focused workout that helps properly align the spine and increase core strength. All levels welcomed.

Power Strength Circuit A full-body workout that includes cardio and strength intervals using various equipment.

Power Vinyasa Yoga This practice accelerates the flow of positions to challenge the body and cultivate strength, endurance, focus, balance and flexibility. This practice is more athletic but is taught with modifications. All levels are welcome.

Prime Time Active adults will improve mobility, balance and strength in this class.

Pure Strength Strength training of the upper/lower body and core using various strength equipment. No cardio.

Shaolin Iron Body (Tai Chi) Learn the world's most powerful, healthiest and balanced program that will challenge your mind and body.

Shred Combination of cardio and strength to shred the entire body- lower/upper body and core. Modifications and progressions will be offered as needed.

Slow Flow Yoga A slower, meditative pace that emphasizes peace and calm in the body and mind. Experience a creative flow including standing poses, balance postures and yin postures. All levels are welcome and modifications are given.

Step This aerobic-based class utilizes a platform with or without risers for a cardio workout.

Tai Chi This ancient workout will teach you movement control and body awareness.

TRX Suspension training that uses body weight to develop strength, balance, flexibility and core stability simultaneously.

Vinyasa Flow Yoga This is an intermediate yoga class with creative variations of traditional poses.

Warrior Sculpt Yoga A little bit of yoga and a little bit of strength, all in one class.

WERQ A dance fitness class choreographed to pop, rock and hip-hop music for a calorie-burn workout.

Women's Functional Training Build strength, improve endurance, enhance mobility and challenge your body in ways that will transform you. Cultivate healthy habits, boost confidence and embrace your best self. For all fitness levels and age groups.

Zumba This heart-racing dance class is set to a fusion of Latin and international music.

Zumba Gold A Zumba class for beginners or active older adults looking for a modified Zumba class the recreates the original moves you love at a lower intensity and speed.

