

Group Fitness/Aquafit/Spinfit

March 30-June 28, 2026

	MON	TUES	WED	THURS	FRI	SAT	SUN												
Early Morning 6:30-8:00 AM	PowerPump 6:30-7:15 AM Eduardo Fitness Studio		Bootcamp 6:30-7:15 AM Eduardo Fitness Studio	Powerpump 7:15-8:00 am Eduardo Fitness Studio	Spinfit* 6:30-7:15 AM Marc Spinfit Studio														
Morning 8:00-10:00 AM	Core Stability 8:15-9:00 am Sarah Fitness Studio	Core Yoga 8:15-9:00 am Joanne Social Hall	Core Strength 8:45-9:15 am Ryan Fitness Studio	Yoga Flow 8:15-9:00 am Xiang Social Hall	Mat Pilates 8:15-9:00 am Ann Social Hall	Shine Dance Fitness 9:15-10:15 am Stacey Fitness Studio	Zumba 9:00-10:00 am Amy Fitness Studio												
	Nordic Walking* 8:30-9:15 AM Ryan Front of SJCC	Ballet Barre Fit 9:15-10:15 am Kirsten Fitness Studio	Bootcamp 9:15-10:15 am Debora Fitness Studio	Fusion Fitness 9:15-10:15 am Constance Fitness Studio	Bootcamp 9:15-10:15 am Ryan Fitness Studio		Spinfit* 9:30-10:15 am Barry Spinfit Studio												
	PowerPump 9:15-10:15 am Carla Fitness Studio	AquaWaves 9:30-10:15 am Margaret Indoor Pool	AquaWaves 9:30-10:15 am Kathy Indoor Pool	AquaWaves 9:30-10:15 am Dalia Indoor Pool	AquaWaves 9:30-10:15 am Kathy Indoor Pool														
	AquaWaves 9:30-10:15 am Kathy Indoor Pool	Spinfit* 9:30-10:30 am Carla Spinfit Studio	Spinfit* 9:30-10:30 am Julie Spinfit Studio	Spinfit* 9:30-10:30 am David Spinfit Studio	Spinfit* 9:30-10:30 am Barry Spinfit Studio														
	Spinfit* 9:30-10:30 am Barry Spinfit Studio																		
Late Morning 10:00 AM-12:00 PM	Vitality Strength 10:30-11:30 am David Fitness Studio	Vitality Plus 10:30-11:30 am Kirsten Fitness Studio	Restorative Gentle Yoga 10:15-11:30 am Katherine Social Hall	Vitality Strength 10:30-11:30 am Dalia Fitness Studio	Vitality Plus 10:30-11:30 am Carla Fitness Studio	Spinfit* 10:15-11:15 am Kim Spinfit Studio	PowerPump 10:15-11:15 am Nick Fitness Studio												
	Chair Zumba Gold 11:45am-12:30 pm Debbie Fitness Studio	Beginner Yoga 10:30-11:30 am Sylvia Social Hall	Vitality Plus 10:30-11:30 am David Fitness Studio		Chair Yoga 11:45am-12:30pm Joanne Social Hall	Powerpump 10:30-11:30 am Dalia Fitness Studio	Yin /Yang Yoga 11:30am-12:30 pm Holly Social Hall												
						Yin Yoga 11:30-12:30 pm Holly Social Hall													
						Weight Training for Women* 11:45am-12:30pm Eduardo Fitness Studio													
Midday 12:00-1:00 PM	Core Yoga 12:15-1:00 pm Carla Social Hall	Rehabilitative Functional Fitness* 12:00-12:45 pm Ryan Fitness Studio	Weight Training for Women* 12:00-12:45 pm Ryan Fitness Studio	Rehabilitative Functional Fitness* 12:00-12:45 pm Ryan Fitness Studio	Core Stability 12:15-1:00 pm Sarah Fitness Studio														
		Mat Pilates 12:15-1:00 pm Ann Social Hall		Spinfit* 12:15-1:00 pm Kim Spinfit Studio															
Afternoon 1:00-4:00 PM	AquaMobility* 1:00-2:00pm Kathy Indoor Pool	Restorative Spinfit* 1:00-1:45 pm Marc Spinfit Studio	AquaMobility* 1:00-2:00pm Kathy Indoor Pool	Tai Chi 1:00-2:00 pm JoAnne Fitness Studio	AquaMobility* 1:00-2:00pm Janet Indoor Pool		Tai Chi 1:00-2:00 pm Mike Fitness Studio												
			PreSeason Golf Prep 2:00-3:00 pm Chris Fitness Studio				Krav Maga 1:00-3:00 pm Ben Social Hall												
Evening 4:00-7:00 PM	Introduction to Spinfit* April 13, May 4, June 1 4:40-5:15 pm Marc Spinfit Studio	Spinfit* 5:30-6:15 pm Kim Spinfit Studio	Spinfit* 5:30-6:15 pm Carla Spinfit Studio	Uplift 6:00-6:45 pm Janine Fitness Studio	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> *REGISTRATION REQUIRED NON-STANDARD SESSION TIMES </div> <p>Rehabilitative Functional Fitness: April 7 – June 29</p> <p>Nordic Pole Walking: April 20 – June 29</p> <p>Aqua Mobility: April 6 - June 26</p> <p>Weight Training for Women:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">MON</td> <td style="width: 33%;">WED</td> <td style="width: 33%;">SAT</td> </tr> <tr> <td>Apr 6-27</td> <td>Apr 8-29</td> <td>Apr 11 – May 2</td> </tr> <tr> <td>May 4 – June 1</td> <td>May 6-27</td> <td>May 9-30</td> </tr> <tr> <td>June 8-29</td> <td>June 3-24</td> <td>June 6-27</td> </tr> </table> <p>Weight Training for Men: April 8-29 • May 6-27• June 3-24</p> <p>Spinfit & Restorative Spinfit Space is limited.</p> <p>*Introduction to Spinfit: April 13, May 4, June 1 Space is limited.</p>			MON	WED	SAT	Apr 6-27	Apr 8-29	Apr 11 – May 2	May 4 – June 1	May 6-27	May 9-30	June 8-29	June 3-24	June 6-27
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Spinfit* 5:30-6:15 pm Marc Spinfit Studio	Triple Threat 5:45-6:30 pm Dylan Fitness Studio	AquaWaves 6:15-7:00 pm Allie Indoor Pool																	
AquaWaves 6:15-7:00 pm Allie Indoor Pool	Mindful Meditation 6:15-7:15 pm Karl Zoom	Core Yoga 5:30-6:15 pm Raj Social Hall																	
Uplift 6:30-7:30 pm Stacey Fitness Studio	Shine Dance Fitness 6:45-7:30 pm Andrea Fitness Studio	Fusion Fitness 6:15-7:00 pm Constance Fitness Studio																	
Late Evening 7:00-8:30 PM	Weight Training for Women* 7:00-7:45 pm Eduardo Fitness Studio	Weight Training for Men* 7:00-7:45 pm Eduardo Fitness Studio	Shine Dance Fitness 7:00-7:45 pm Stacey Fitness Studio	<p style="color: orange; margin: 0;">Restorative Gentle Yoga, Pre-Season Golf Prep and Krav Maga:</p> <p style="margin: 0;">These classes are not included in membership. Please see reverse for pricing.</p>															