

Group Fitness Classes

Effective July 15, 2021

Time	Sunday Class	Studio	Instructor	Time	Monday Class	Studio	Instructor
8:00 AM	Spin	Studio B	Nicole	8:00 AM	Spin	Studio B	Nicole
9:15 AM	XZone HIIT	XZone	Jimmy	8:00 AM	Aquasize	Pool	Kevin
9:30 AM	Metabolic Resistance Training	Track	Donna	9:00 AM	XZone HIIT	XZone	Ralph
9:30 AM	XZone MIIT	Studio B	Nicole	9:00 AM	Tabata	Studio B	Nicole
10:30 AM	Yoga (online registration) ID# 954 849 0281	Studio A	Ysaac Denise	10:00 AM	XZone LIIT	Track	Donna
10:45 AM	Zumba	Studio B	Miryam	10:00 AM	Ageless Grace	Studio B	Sharon

Time	Tuesday Class	Studio	Instructor
8:00 AM	Spin	Studio B	Alissa
9:00 AM	XZone HIIT	XZone	Ralph
9:00 AM	XZone MIIT	Track	Nicole
10:00 AM	Fitness class	Studio B	Isabel
10:15 AM	XZone Silver	XZone	Professorfit
10:30 AM	Power Fitness	Fitness	Ralph
10:45 AM	Butt, Hips & Thighs	XZone	Professorfit
11:00 AM	SS Yoga Stretch	Studio B	Isabel
1:00 PM	Workout & Stretch PD-SS	Studio B	Isabel
5:30 PM	The Core Essentials	Track	Donna
6:00 PM	XZone HIIT	XZone	Ralph
	Zumba	Studio B	Miryam

Time	Thursday Class	Studio	Instructor
7:45 AM	XZone MIIT	Track	Nicole
8:00 AM	Spin	Studio B	Professorfit
8:30 AM	Weights & Movement	Studio B	Professorfit
9:00 AM	Butt, Hips & Thighs	Studio B	Professorfit
9:00 AM	XZone HIIT	XZone	Ralph
9:00 AM	The Core Essentials	Track	Donna
9:15 AM	Yoga (Resumes August 18)	Yoga	Stacey
9:15 AM	Stretch & Kvetch	Studio B	Professorfit
10:15 AM	XZone Silver	XZone	Professorfit
10:30 AM	Power Fitness	Fitness	Ralph
10:30 AM	Yoga (online registration) ID# 954 849 0281	Zoom	Ysaac Annette
10:00 AM	Fitness Class	Studio B	Isabel
11:00 AM	Rhythm & Movement-PD-SS	Studio B	Professorfit
1:00 PM	Chair Yoga PD-SS	Studio B	Karen
5:45 PM	Spin Tabata	Studio B	Nicole
6:00 PM	XZone HIIT	XZone	Ralph

Time	Saturday Class	Studio	Instructor
8:15 AM	Spin	Studio B	Alissa
9:15 AM	XZone HIIT	XZone	Jimmy
9:30 AM	TRX® Circuit Training	Feinberg	Donna
9:30 AM	Fitness Class	Track	Isabel
10:00 AM	SS Circuit	Studio B	Carolyn
11:00 AM	Zumba	Studio B	Miryam

10:00 AM	Ageless Grace	Studio B	Sharon
1:00 PM	Boxing Exercises PD-SS	Studio B	Rob
6:00 PM	XZone HIIT	Xzone	Ralph
5:45 PM	Cycle, Rhythm & Strength	Studio B	Maria
7:00 PM	Stretch	Xzone	Maria

Time	Wednesday Class	Studio	Instructor
7:45 AM	HIIT the track	Track	Donna
8:00 AM	Spin	Studio B	Nicole
8:00 AM	Aquasize	Pool	Kevin
9:00 AM	Kickboxing/ Intervals	Studio A	Isabel
9:00 AM	XZone HIIT	XZone	Ralph
9:00 AM	XZone LIIT	Track	Donna
9:15 AM	Yoga	Yoga	Stacey
10:00 AM	SS Classic	Studio B	Isabel
10:30 AM	Yoga (online registration) ID# 954 849 0281		Ysaac Annette
1:00 PM	Weights & Balance PD-SS	Studio B	Professorfit
6:00 PM	XZone HIIT	XZone	Ralph
6:15 PM	BodyBlast	Studio B	Julia

Time	Friday Class	Studio	Instructor
7:45 AM	Bosu Boot Camp	Track	Donna
8:00 AM	Spin	Studio B	Alissa
8:00 AM	Aquasize	Pool	Kevin
9:00 AM	XZone HIIT	XZone	Ralph
9:00 AM	SS Circuit	Studio B	Diane B.
9:00 AM	Step & Rep.	Studio A	Alissa
9:00 AM	XZone LIIT	Track	Donna
10:00 AM	SS Classic	Studio B	Diane B.
10:30 AM	Yoga (online registration) ID# 954 849 0281	Zoom	Ysaac Annette
10:30 AM	Circuit Resistance Training	Track	Nicole
1:00 PM	Ageless Grace PD-SS	Studio B	Sharon

*Yoga is a members-only class. Registration at dpjcc.org required. The password will be printed on the registration receipt.
PD-SS=Parkinson's & SilverSneakers classes, available in-person and online. For link: dpjcc.org/parkinsons



dpjcc.org | 954-434-0499

Zone LIIT Low Impact Interval Training
XZone MIIT Moderate Intensity Interval Training
XZone HIIT High Intensity Interval Training

FOR FITNESS CENTER, POOL AND RACQUETBALL COURT HOURS, SEE BACK OF SCHEDULE.

FITNESS CENTER HOURS:

Mon-Thu: 6:00 am - 10:00 pm

Fri: 6:00 am - 6:00 pm

Sat: 8:00 am - 5:00 pm

Sun: 7:00 am - 6:00 pm

DAILY SESSION SCHEDULE			
	Mon-Thu, Fri 'til 6:00pm	Sa	Su
6:00 AM-noon	Open Gym	8:00 AM-noon	7:00 AM-noon
Noon-12:15 PM	Sanitizing	Noon-12:15 PM	Noon-12:15 PM
12:15-10:00 PM	Open Gym	12:15-5:00 PM	12:15-6:00 PM

Pool Hours		Racquetball Court	
Mo-Th	7:00am-6:00pm	Mo-Th	6:00-9:00pm
F	7:00am-6:00pm	F	3:00-6:00pm
Sa	8:00am-4:30pm	Sa	8:00am-5:00pm
Su	9:00am-5:30pm	Su	9:00am-5:30pm