

# Group Fitness Classes

(Beginning September 1, 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	XZone MIIT	Studio B	Nicole	9:00 AM	XZone HIIT	XZone	Ralph
9:30 AM	Metabolic Resistance Training	Track	Donna	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 A	Miryam	10:00 AM	Ageless Grace	Studio B	Sharon
Time	Tuesday Class	Studio	Instructor	Time	Monday Class	Studio	Instructor
8:00 AM	Spin	Studio B	Alissa	1:00 PM	Boxing Exercises PD-SS	Studio B	Rob
9:00 AM	XZone HIIT	XZone	Ralph	6:00 PM	XZone HIIT	XZone	Ralph
9:00 AM	XZone MIIT	Track	Nicole	5:45 PM	Cycle, Rhythm & Strength	Studio B	Maria
10:00 AM	Fitness class	Studio B	Isabel	7:00 PM	Stretch	XZone	Maria
10:15 AM	Xzone Silver	XZone	Professorfit	Time	Wednesday Class	Studio	Instructor
10:30 AM	Power Fitness	Fitness	Ralph	8:00 AM	HIIT the track	Track	Donna
10:45 AM	Butt, Hips & Thighs	XZone	Professorfit	8:00 AM	Spin	Studio B	Nicole
11:00 AM	SS Yoga Stretch	Studio B	Isabel	8:00 AM	Aquasize	Pool	Kevin
1:00 PM	Workout & Stretch PD-SS	Studio B	Isabel	9:00 AM	Kickboxing/ Intervals	Studio A	Isabel
5:30 PM	The Core Essentials	Track	Donna	9:00 AM	XZone HIIT	XZone	Ralph
6:00 PM	XZone HIIT	XZone	Ralph	9:00 AM	XZone LIIT	Track	Donna
6:30 PM	Zumba	Studio B	Miryam	9:15 AM	Yoga	Yoga	Stacey
Time	Thursday Class	Studio	Instructor	10:00 AM	SS Classic	Studio B	Isabel
7:45 AM	XZone MIIT	Track	Nicole		Yoga (online registration) ID# 954 849 0281		Ysaac Annette
8:00 AM	Spin	Studio B	Professorfit	10:30 AM	Yoga (online registration) ID# 954 849 0281		Ysaac Annette
8:30 AM	Weights & Movement	Studio B	Professorfit	1:00 PM	Weights & Balance PD-SS	Studio B	Professorfit
9:00 AM	Butt, Hips & Thighs	Studio B	Professorfit	6:00 PM	XZone HIIT	XZone	Ralph
9:00 AM	XZone HIIT	XZone	Ralph	6:15 PM	BodyBlast	Studio B	Julia
9:00 AM	The Core Essentials	Track	Donna	6:30 PM	Zumba	Studio A	Miryam
9:15 AM	Yoga (Resumes August 18)	Yoga	Stacey	Time	Friday Class	Studio	Instructor
9:30 AM	TRX® Circuit Stretch	Feinberg	Professorfit	7:45 AM	Bosu Boot Camp	Track	Donna
10:30 AM	Power Fitness	Fitness	Ralph	8:00 AM	Spin	Studio B	Alissa
10:30 AM	Yoga (online registration) ID# 954 849 0281	Zoom	Ysaac Annette	8:00 AM	Aquasize	Pool	Kevin
10:00 AM	Fitness class	Studio B	Isabel	9:00 AM	XZone HIIT	XZone	Ralph
11:00 AM	Rhythm & movement-PD,SS	Studio B	Professorfit	9:00 AM	SS Circuit	Studio B	Diane B.
1:00 PM	Chair Yoga PD-SS	Studio B	Karen	9:00 AM	Step & Rep.	Studio A	Alissa
5:45 PM	Spin Tabata	Studio B	Nicole	9:00 AM	XZone LIIT	Track	Donna
6:00 PM	XZone HIIT	XZone	Ralph	9:30 AM	TRX® Suspension Training	Feinberg	Professorfit
Time	Saturday Class	Studio	Instructor	10:00 AM	SS Classic	Studio B	Diane B.
8:15 AM	Spin	Studio B	Alissa		Yoga (online registration) ID# 954 849 0281		Annette
8:15 AM	TRX® Circuit Training	Feinberg	Donna	10:30 AM	Circuit Resistance Training	Track	Nicole
9:00 AM	Zumba	Studio A	Miryam	1:00 PM	Ageless Grace PD-SS	Studio B	Sharon
9:15 AM	XZone HIIT	XZone	Jimmy				
9:30 AM	Fitness class	Track	Isabel				
10:00 AM	SS Circuit	Studio B	Carolyn				

\*Yoga is a members-only class. Registration at [dpjcc.org](http://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](http://dpjcc.org/parkinsons)

XZone LIIT **Low** Intensity Interval Training  
 XZone MIIT **Med.** Intensity Interval Training  
 XZone HIIT **High** Intensity Interval Training



[dpjcc.org](http://dpjcc.org) | 954-434-0499

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
<b>6:00 AM-noon</b>	<b>Open Gym</b>	<b>8:00 AM-noon</b>	<b>7:00 AM-noon</b>
<b>Noon-12:15 PM</b>	<b>Sanitizing</b>	<b>Noon-12:15 PM</b>	<b>Noon-12:15 PM</b>
<b>12:15-10:00 PM</b>	<b>Open Gym</b>	<b>12:15-5:00 PM</b>	<b>12:15-6:00 PM</b>

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



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