

# Group Fitness Classes

Beginning November 1, 2020

Time	Sunday Class	Studio	Instructor
8:00am	Spin	Studio B	Nicole
9:15am	XZone HIIT	XZone	Nicole
9:20am	Circuit-TRX	Feinberg	Donna
10:30am	Yoga (online registration)* ID# 954 849 0281	Zoom	Ysaac Denise
10:30am	Circuit	Track	Donna
10:30am	Fitness	Studio B	Nicole

Time	Tuesday Class	Studio	Instructor
8:00am	Spin	Studio B	Alissa
9:00am	XZone HIIT	XZone	Ralph
9:00am	Circuit	Track	Nicole
10:15am	TRX/Upper body	Feinberg	Professorfit
10:30am	Power Fitness	Fitness	Ralph
10:45am	Butt, Hips & Thighs	Feinberg	Professorfit
10:30am	Fitness class	Studio B	Isabel
5:30pm	The Core Essentials	Track	Donna
12:30pm	Workout & Stretch PD-SS	Studio A	Isabel
6:00pm	XZone HIIT	XZone	Ralph

Time	Thursday Class	Studio	Instructor
7:45am	Fitness	Track	Nicole
8:00am	Spin	Studio B	Professorfit
8:30am	Weights & Movement	Studio B	Professorfit
9:00am	But, Hips & Thighs	Studio B	Professorfit
9:00am	XZone HIIT	XZone	Ralph
9:00am	Fitness class	Track	Donna
10:30am	Power Fitness	Fitness	Ralph
10:30am	Yoga (online registration)* ID# 954 849 0281	Zoom	Ysaac Annette
10:30am	Fitness class	Feinberg	Isabel
12:30pm	Chair Yoga PD-SS	Studio A	Karen
5:30pm	Indoor Cycling	Studio B	María
6:00pm	XZone HIIT	XZone	Ralph

Time	Saturday Class	Studio	Instructor
8:15am	Spin	Studio B	Alissa
9:15am	XZone HIIT	XZone	Nicole
9:30am	Fitness class	Track	Isabel
11:00am	Zumba	Studio B	Miryam

Pool hours	Racquetball courts
M-TH 7:00am-6:00pm	M-TH 6:00-9:00pm
F 7:00am-5:30pm	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

Time	Monday Class	Studio	Instructor
8:00am	Spin	Studio B	Nicole
8:00am	AquaFit	Pool	Kevin
9:00am	XZone HIIT	XZone	Ralph
9:00am	Tabata	Studio B	Nicole
10:15am	TRX Suspension Training	Feinberg	Ysaac
10:30am	Fitness	Track	Donna
12:30pm	Boxing Exercises PD-SS	Studio A	Rob
6:00pm	XZone HIIT	XZone	Ralph

Time	Wednesday Class	Studio	Instructor
7:45am	Circuit	Track	Donna
8:00am	Spin	Studio B	Nicole
9:00am	XZone HIIT	Xzone	Ralph
9:00am	Fitness class	Track	Donna
10:00am	Zumba	Studio A	Isabel
10:30am	Yoga (online registration)* ID# 954 849 0281	Zoom	Ysaac Annette
12:30pm	Weights & Movement PD-SS	Studio A	Professorfit
6:00pm	XZone HIIT	XZone	Ralph
6:15pm	BodyBlast	Studio B	Julia

Time	Friday Class	Studio	Instructor
7:45am	Bosu	Track	Donna
8:00am	Spin	Studio B	Alissa
9:00am	XZone HIIT	Xzone	Ralph
9:00am	Tabata	Track	Donna
10:30am	Yoga (online registration)* ID# 954 849 0281	Zoom	Ysaac Annette
10:30am	Circuit-TRX	Feinberg	Nicole
12:30pm	Ageless Grace PD-SS	Studio A	Sharon

## DAILY SESSION SCHEDULE MASKS REQUIRED AT ALL TIMES

Mon-Thu, Fri 'til 6:00 pm		Sat	Sun
6:00-7:30am	<b>Open gym</b>	8:00-9:30am	7:00-9:30am
7:30-8:00am	Sanitize	9:30-10:00am	9:30-10:00am
8:00-9:30am	<b>Open gym</b>	10:00-11:30am	10:00-11:30am
9:30-10:00am	Sanitize	11:30-noon	11:30-noon
10:00-11:30am	<b>Open gym</b>	noon-1:30pm	noon-1:30pm
11:30-noon	Sanitize	1:30-2:00pm	1:30-2:00pm
noon-1:30pm	<b>Open gym</b>	2:00-3:30pm	2:00-3:30pm
1:30-2:00pm	Sanitize	3:30-4:00pm	3:30-4:00pm
2:00-3:30pm	<b>Open gym</b>	4:00-5:00pm	4:00-6:00pm
3:30-4:00pm	Sanitize		
4:00-5:30pm	<b>Open gym</b>		
5:30-6:00pm	Sanitize		
6:00-7:30pm	<b>Open gym</b>		
7:30-8:00pm	Sanitize		
8:00-9:00pm	<b>Open gym</b>		



\*Members Only Class. Register at [dpjcc.org](http://dpjcc.org)  
ZOOM password given on registration receipt.

PD-SS=Parkinsons-SilverSneakers classes also available via Zoom