

Group Fitness Classes

9/1/2020

Sunday			
Time	Class	Studio	Instructor
8:00am	Spin (50 minutes)	Feinberg	Nicole
9:15am	XZone HIIT	Feinberg	Nicole
9:20am	Circuit	Track	Donna
10:30am	Yoga* (online registration) ID# 954 849 0281	Zoom	Ysaac Denise
10:30am	TRX circuit (7 straps)	Feinberg	Donna
10:30am	Fitness	Track	Nicole

Monday			
Time	Class	Studio	Instructor
8:00am	Spin	Feinberg	Nicole
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	Tabata	Track	Nicole
10:15am	TRX Suspension Training	Feinberg	Ysaac
10:30am	Fitness	Studio A	Donna
6:00pm	XZone HIIT	Feinberg	Ralph

Tuesday			
Time	Class	Studio	Instructor
8:00am	Spin	Feinberg	Alissa
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	Circuit	Track	Nicole
10:15am	TRX/Upper body & BHT	Feinberg	Ysaac
10:30am	Power Fitness	Fitness	Ralph
10:30am	Fitness class	Feinberg	Isabel
10:45am	Butt, Hips & Thighs	Feinberg	Ysaac
5:30pm	The Core Essentials (Sept 8)	Track	Donna
6:00pm	XZone HIIT	Feinberg	Ralph

Wednesday			
Time	Class	Studio	Instructor
7:45am	Circuit	Track	Donna
8:00am	Spin	Feinberg	Nicole
9:00am	XZone HIIT	Feinberg	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
6:00pm	XZone HIIT	Feinberg	Ralph

Thursday			
Time	Class	Studio	Instructor
7:45am	Fitness	Track	Nicole
8:00am	Spin	Feinberg	Maria
9:00am	XZone HIIT	Feinberg	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
6:00pm	XZone HIIT	Feinberg	Ralph

Friday			
Time	Class	Studio	Instructor
7:45am	Bosu	Track	Donna
8:00am	Spin	Feinberg	Alissa
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	Tabata	Track	Donna
10:30am	Yoga* (online registration) ID# 954 849 0281	Zoom	Ysaac Annette
10:30am	Circuit (7 straps)	Feinberg	Nicole

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

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

***Members Only Class. Register at dpjcc.org ZOOM password given at registration (on receipt)**

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