These Are The Group Exercise Classes We Offer 11/01/26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
David Posnack JCC	8:00 AM Sweat Cycling Studio B **Nicole**	6:15 AM ***XZone HIIT*** Xzone **Jimmy**	8:00 AM Fast Track Fitness Track **Donna**	6:15 AM ***XZone HIIT*** Xzone **Jimmy**	7:45 AM Bosu Balanced Strength Track **Donna**	David Posnack JCC
8:00 AM Strength/Stamina Studio B **Nicole**	8:30 AM Zumba Studio A **Christian**	7:45 AM Dynamic Loading Studio B **Nicole**	8:00 AM Cycle Synergy Studio B **Nicole**	7:45 AM Rebound Fitness Track **Nicole**	8:00 AM Spin Studio B **Tracey**	
9:15 AM ***XZone HIIT*** Xzone **Jimmy**	9:00 AM Aquasize Pool **Ravit**	8:45 AM Epic Energy Studio B **Nicole**	8:15 AM Barre Studio A **Tracey**	8:15 AM Barre Studio A **Tracey**	9:00 AM Aquasize Pool **Ravit**	8:00 AM Suspention Circuit Studio A ***Donna***
9:15 AM Power Hour Studio B **Nicole**	9:00 AM Premier Pump Studio B **Nicole**	9:00 AM Body Sculpting Track **Isabel**	9:00 AM Aquasize Pool **Ravit**	9:00 AM StepStrongPlus Track **Donna**	9:00 AM Chair yoga sculpt Studio B **Letty**	9:15 AM ***XZone HIIT*** Xzone **Jimmy**
9:30 AM Strength360 Track **Donna**	9:10 AM ***XZone HIIT*** Xzone **Ralph**	9:10 AM ***XZone HIIT*** Xzone **Ralph**	9:00 AM Yoga Flow Yoga Studio **Letty**	9:10 AM ***XZone HIIT*** Xzone **Ralph**	9:00 AM MetaFit Track **Donna**	9:10 AM Zumba Studio A **Christian**
10:30 AM Yoga Yoga Studio **Denise**	9:30 AM MetaFit Track **Donna**	10:00 AM SilverSneakers Classic Studio B **Isabel**	9:00 AM Kickboxing/ Intervals Studio B **Isabel**	9:15 AM Xzone KickBoxing Studio A **Hilla**	9:10 AM ***XZone HIIT*** Xzone **Ralph**	9:10 AM Fitness class Studio B **Isabel**
	10:00 AM Ageless Grace Studio B **Sharon**	10:30 AM POWER Fitness Fitness **Ralph**	9:00 AM Stacked XZone **Donna**	9:00 AM Body Sculpting Studio B **Isabel**	10:00 AM Yoga Yoga Studio **Denise**	9:45 AM Mat Pilates Yoga Studio **Karen**
	10:30 AM Orientations Fitness Center **Rotating Instructors**	11:00 AM Line Dance Cardio Studio A **Professorfit**	9:10 AM ***XZone HIIT*** Track **Ralph**	9:00 AM Yoga Yoga Studio **Letty**	10:10 AM Stages for Ages Studio B **Donna**	10:00 AM ***FuelFit training*** Track **Jesse**
	11:00 AM Line Dance Beginners Studio A **Professorfit**	11:00 AM SilverSneakers Yoga Studio B **Isabel**	9:15 AM Suspention Workout Studio A ***Nicole***	9:10 AM ***XZone HIIT*** XZone **Ralph**	10:15 AM Power Up Track **Nicole**	10:10 AM SilverSneakers Classic Studio B **Isabel**
	11:15 AM SilverSneakers Classic Studio B **Karen**	12:00 PM Workout & Stretch Studio B **Isabel**	10:00 AM SilverSneakers Cardio Studio B **Isabel**	10:00 AM SilverSneakers Classic Studio B **Isabel**	11:00 AM Zumba Studio B **Ravit**	
	1:00 PM Boxing Exercise Studio A **Rob**	5:30 PM Low Impact Power Track **Donna**	10:30 AM Orientations Fitness Center **Rotating Instructors**	10:30 AM Orientations Fitness Center **Rotating Instructors**	1:00 PM Ageless Grace Studio B **Sharon**	
	2:00 PM NSU Speech Studio B **NSU**	6:00 PM ***XZone HIIT*** Xzone **Ralph**	11:00 AM Zumba GOLD Studio A **Ravit**	10:30 AM POWER Fitness Fitness **Ralph**		
	5:30 PM Rebound Fitness Track **Nicole**		11:00 AM Chair Yoga Studio B **Rotating Instructors**	11:00 AM SilverSneakers Circuit Studio B **Isabel**	**Scan QR code for most updated schedule →**	
	6:00 PM ***XZone HIIT*** Xzone **Ralph**		12:00 PM Weights & Balance Studio B **Sharon**	12:00 PM Tai Chi Studio B **James**		
	7:00 PM Zumba Studio B **Christian**		1:00 PM Weights & Balance Studio B **Sharon**	1:00 PM Chair Yoga Studio B **Karen**		
			6:00 PM ***XZone HIIT*** Track **Ralph**	5:30 PM HIIT Happens Track **Nicole**		
Classes with ** require registration or additional fee			6:15 PM BodyBlast Studio B **Julia**	5:45 PM Yoga Yoga Studio **Letty**		
MON-THU 6:00AM-10:00PM FRIDAY 6:00AM-6:00PM SATURDAY 8:00AM-5:00PM SUNDAY 7:00AM-6:00PM				6:00 PM ***XZone HIIT*** Xzone **Ralph**	*HIIT* = High Intensity Interval Training MIIT = Mid Intensity Interval Training LIIT = Light Intensity Interval Training	
MON-THU 7:00AM-6:00PM FRIDAY 7:00AM-5:30PM SATURDAY 8:00AM-4:30PM SUNDAY 9:00AM-5:30PM					**RACQUETBALL HOURS** MON-THU 6:00AM-9:00PM FRIDAY 6:00AM-6:00PM SATURDAY 8:00AM-5:00PM SUNDAY 8:00AM-5:00PM	

HOURS MAY VARY SLIGHTLY, POSTED ONLINE