

These Are The Group Exercise Classes We Offer 9/01/26

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 Aqasize 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 Aqasize Pool Ravit	8:00 AM Suspension 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 Aqasize 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	9:15 AM Xzone KickBoxing Studio A Hilla	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	9:10 AM *XZone HIIT* Xzone Ralph	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
11:00 AM Zumba Studio B Ravit	10:00 AM Ageless Grace Studio B Sharon	10:00 AM SilverSneakers Classic Studio B Isabel	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	10:30 AM POWER Fitness Fitness Ralph	9:10 AM *XZone HIIT* Track Ralph	9:00 AM Yoga Yoga Studio Letty	10:10 AM Circuit Silver Studio B Ravit	10:00 AM *FuelFit training* Track Jesse
	11:00 AM Line Dance Beginners Studio A Professorfit	11:00 AM Line Dance Cardio Studio A Professorfit	9:15 AM Suspension 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	11:00 AM SilverSneakers Yoga 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	10:30 AM Orientations Fitness Center Ravit
	1:00 PM Boxing Exercise Studio A Rob	12:00 PM Workout & Stretch Studio B Isabel	10:30 AM Orientations Fitness Center Ravit	10:30 AM Orientations Fitness Center Ravit	1:00 PM Ageless Grace Studio B Sharon	
	2:00 PM NSU Speech Studio B NSU	5:30 PM Low Impact Power Track Donna	11:00 AM Zumba GOLD Studio A Ravit	10:30 AM POWER Fitness Fitness Ralph		
	5:30 PM Rebound Fitness Track Nicole	6:00 PM *XZone HIIT* Xzone Ralph	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			6:00 PM *XZone HIIT* Xzone Ralph	*HIIT* = High Intensity Interval Training MIIT = Mid Intensity Interval Training LIIT = Light Intensity Interval Training	
SATURDAY 8:00AM-5:00PM	SUNDAY 7:00AM-6:00PM				RACQUETBALL HOURS	
MON-THU 7:00AM-6:00PM	FRIDAY 7:00AM-5:30PM				MON-THU 6:00AM-9:00PM	FRIDAY 6:00AM-6:00PM
SATURDAY 8:00AM-4:30PM	SUNDAY 9:00AM-5:30PM	SUMMER HOURS MAY VARY SLIGHTLY, POSTED ONLINE			SATURDAY 8:00AM-5:00PM	SUNDAY 9:00AM-5:30PM