

STUDIO A (Group Fitness Studio)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW Spinning® 7:15-8:15am Keni ●	Spinning® 5:45-6:45am Joe ●	NEW BODYPUMP™ 6:00-7:00am Luciana ● R	Spinning® 5:45 am-6:45am Joe ●	NEW BODYPUMP™ 6:00-7:00am Luciana ● R	Sufferfest \$ 5:45-6:45am Stuart ●	NEW Spinning® 8:30-9:30am Rachel ●
Zumba® 9:30-10:25am Amy ●	Step 8:00-8:55am Rachel ●	Body Sculpt 8:30-9:30am Luciana ● ●	NEW BODYPUMP™ 7:00-8:00am Luciana ● R	NEW BODYPUMP™ 8:30-9:30am Luciana ● R	Cardio Kick 8:15-8:45am Judy ●	NEW Body Pump 9:45-10:45am Rachel ● R
	Cardio Sculpt 9:00-10:00am Rachel ●	Spinning® 9:45-10:45am Katie ●	Cardio Kick XP 8:15-8:45am Luciana ●	Tabata Bootcamp 9:45-10:45am Julie L. ●	Body Sculpt 9:00-10:00am Judy ● ●	
	Zumba® 10:15-11:15am Judy ●	Light & Easy 11:00am-12:00pm Debbie H. ●	NEW BODY PUMP™ 9:00-10:00am Luciana ● R	Light & Easy 11:00am-12:00pm Debbie H. ●	Zumba® 10:15-11:15am Dora ●	
	Light & Easy 1:30-2:30pm Debbie H. ●	Spin Xpress 12:15-12:45pm Joe ●	Zumba Basics® 10:15-11:15am Dora ● ●	Spin Xpress 12:15-12:45pm Joe ●	20/20/20 11:30am-12:30pm Dora ● ●	
	Spinning® 4:30-6:30pm Paris ●	On the Ball 4:15-5:15pm Marcia ● ●	NEW BODYPUMP™ 11:30am-12:30pm Rachel ● R	Zumba® 5:30-6:30pm Marcia ●	NEW Zumba® 5:30-6:30pm Rosie ●	
	Body Sculpt 6:45-7:45pm Marcia ● ●	Spinning® 6:40-7:40pm Michele/ Jennifer ●	Spin Xpress 12:45-1:15pm Rachel ●	Light & Easy 1:30-2:30pm Debbie H. ●		
			Light & Easy 1:30-2:30pm Debbie H. ●	Spinning® 6:40-7:40pm Jennifer ●		
			Spinning® 5:30-6:30pm Joe ●			

\$ Fee-based class. Call 408.357.7419 for a reservation.
R Must reserve your spot at service desk

Intensity Levels:
● Beginner
● Intermediate
● Advanced
● All Levels

POOL (Water Fitness)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 11:00-11:55am Marylin ●	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Masters Swim 6:00-7:00am	Aqua Bootcamp 9:00-9:55am Deb H. ● ●
	Aqua Fit 11:00-11:55am Debbie H. ●	Aqua Fit 9:00-9:55am Marlene ●	Aqua Slam 9:00-9:55am Holly ●	Aqua Slam 9:00-9:55am Sylvia ●	Aqua Fit 9:00-9:55am Marlene ●	
	NEW Aqua Fit 6:30-7:25pm Julie W. ●		Aqua Fit 11:00-11:55am Debbie H. ●	Aqua Tabata 6:15-7:10pm Amy ● ●	Aqua Fit 11:00-11:55am Marylin ●	
			Aqua Fit 6:15-7:10pm Deb H. ●			

Water Fitness Class Etiquette

- Only equipment recommended by the instructor is allowed during the water fitness class.
- Please shower before entering the pool.

STUDIO B (Mind-Body Studio)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Vigorous Vinyasa 9:15-10:30am Courtney ● ●	Pilates Mat 8:00-9:00am Juliet ● ●	Vinyasa Flow 7:30-8:30am Sara F. ● ●	NEW Pilates Mat 8:00-9:00am Keni ● ●	Mobility, Core & Balance 7:15-8:15am Rich ●	Pilates Mat 8:00-9:00am Juliet ● ●	Pilates Mat 8:00-9:00am Staff ●
Qigong 3:30-4:30pm Ellen ●	Iyengar Yoga 9:05-10:10am Karina ●	Yoga Fusion 9:00-10:15am Trevor ●	Yoga Fundamentals 9:15-10:30am Sara F. ●	Long Strong Method 8:30-9:30am Sandy ●	Iyengar Yoga 9:05-10:10am Karina ●	NEW Cardio Barre 9:15-10:15am Alissa ●
Yin Yoga 4:30-5:30pm Ellen ●	NEW Cardio Barre 10:30-11:30 am Alissa ●	Small Group Pilates Apparatus \$ 12:00-1:00pm Debbie H. R	Mobility, Core & Balance 10:45-11:45am Rich ●	Flow & Hold Yoga 9:45-11:00am Courtney ●	Gentle Yoga 10:30-11:45am Courtney ●	Therap. Yoga Flow 10:30-11:45am Katrina ●
	Power Pilates 5:30-6:30pm Charise ● ●	Gentle Yoga 4:30-5:45pm Lirio ●	Pilates & Posture 12:00-1:00 pm Sandy ●	Pilates Mat 12:00-1:00pm Charise ●	NEW Pilates Mat 12:00-1:00pm Elaine ●	
	Vinyasa Flow 6:45-7:45pm Sara N. ● ●	Yoga Sculpt 6:00-7:00pm Helga ●	Gentle Yoga 6:00-7:15pm Julie W ●	Gentle Yoga 4:30-5:45pm Lirio ●	Hatha Yoga 6:00-7:15pm Julie W. ●	

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Intensity Levels:
● Beginner
● Intermediate
● Advanced
● All Levels

FITNESS B (TRX & Small Group Training)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TRX Athletic Perf. \$ 7:00-7:55am Don	TRX Boot Camp \$ 7:00-7:55am Herb	TRX \$ 6:00-6:55pm Frankie	TRX-Boot Camp \$ 7:00-7:55am Don		Outdoor Boot Camp \$ 8:00-9:00am Don
	TRX \$ 6:00-6:55pm Frankie	TRX \$ 4:00-4:55pm Frankie		Small Group Boot Camp \$ 6:00-6:55pm Tim		Small Group Boot Camp \$ 10:00-10:55am Tim

*Fitness B is located on the first floor of the JCC, near the locker rooms.