

GROUP FITNESS



MONDAY

Total Body Sculpt	7 am	TRX/MISC Rooms	At the J	Nenna
Hatha Yoga	9 am	Exercise Studio	Hybrid	Karen
Aqua Fit	9 am	Pool	At the J	Deanna
MISC Fit	9:30 am	TRX Room	At the J	Jessi
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie
Zumba	noon	Online	Online	Rochelle

TUESDAY

Dynamic Yoga	7 am	Exercise Studio	Hybrid	Nenna
HIIT + Cycle	9 am	Exercise Studio	At the J	Nikki
Total Body Conditioning	9 am	Online	Online	Susie
Senior Cardio Fit	10 am	Exercise Studio	Hybrid	Karen

WEDNESDAY

Senior Fit	7:30 am	Exercise Studio	Hybrid	Karen
Bootcamp	9 am	Exercise Studio	Hybrid	Nenna
Aqua Fit	9 am	Pool	At the J	Deanna
MISC Fit	9:30 am	TRX Room	At the J	Jessi
Chair Yoga	11 am	Exercise Studio	Hybrid	Karen
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie

THURSDAY

Total Body Sculpt	7 am	TRX/MISC Rooms	At the J	Nenna
Step	8:30 am	Exercise Studio	At the J	Nenna
HIIT	9 am	Online	Online	Nikki
Senior Cardio Fit	10 am	Exercise Studio	Hybrid	Karen
Total Body Conditioning	11:05 am	Exercise Studio	Hybrid	Susie

FRIDAY

Ab Lab	7 am	Exercise Studio	At the J	Nenna
HIIT	9 am	Exercise Studio	Hybrid	Nikki
Masters Swim	9 am	Pool	At the J	Deanna
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie
Zumba	noon	Online	Online	Rochelle

Class listings + reservation information: [SJCC.org/group-fitness](https://www.sjcc.org/group-fitness)

Class at the J

Hybrid class at the J + streamed online via Zoom

Class online via Zoom

Updated June 1, 2021.