

GROUP FITNESS - JULY 2021



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
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie
Zumba	noon	Online	Online	Rochelle

TUESDAY

MISC Fit	7 am	MISC Room	At the J	Jessi
Dynamic Yoga	7 am	Exercise Studio	Hybrid	Nenna
HIIT + Cycle	8:45 am	Exercise Studio	At the J	Nikki
Total Body Conditioning	9 am	Online	Online	Susie
Senior Cardio Fit	10 am	Exercise Studio	Hybrid	Karen
Power Hour	5:30 pm	Exercise Studio	At the J	Leslie

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
Chair Yoga	11 am	Exercise Studio	Hybrid	Karen
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie

THURSDAY

MISC Fit	7 am	MISC Room	At the J	Jessi
Total Body Sculpt	7 am	Exercise Studio	At the J	Nenna
Step	8:30 am	Exercise Studio	At the J	Nenna
HIIT	8:45 am	MISC Room	At the J	Nikki
Senior Cardio Fit	10 am	Exercise Studio	Hybrid	Karen
Total Body Conditioning	11 am	Online	Online	Susie
Power Hour	5:30 pm	Exercise Studio	At the J	Leslie

FRIDAY

Ab Lab	7 am	Exercise Studio	At the J	Nenna
HIIT	8:45 am	Exercise Studio	At the J	Nikki
Masters Swim	9 am	Pool	At the J	Deanna
Rock Steady Boxing	11 am	MISC Room	Hybrid	Susie
Zumba	noon	Online	Online	Rochelle

SUNDAY

Power Hour	9 am	Exercise Studio	At the J	Leslie
Step	10:15 am	Exercise Studio	At the J	Nenna

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 23, 2021.