

GROUP FITNESS - AUG. 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 <i>(no class 8/23)</i>	11 am	MISC Room	Hybrid	Susie
Zumba <i>(no class 8/16, 8/23, 8/30)</i>	noon	Online	Online	Rochelle

TUESDAY

Dynamic Yoga <i>(no class 8/24)</i>	7 am	Exercise Studio	Hybrid	Nenna
HIIT + Cycle <i>(no class 8/3)</i>	8:45 am	Exercise Studio	At the J	Nikki
Total Body Conditioning <i>(no class 8/24)</i>	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

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 <i>(no class 8/25)</i>	11 am	MISC Room	Hybrid	Susie

THURSDAY

Total Body Sculpt	7 am	Exercise Studio	At the J	Nenna
Step <i>(no class 8/5)</i>	8:30 am	Exercise Studio	At the J	Nenna
Senior Cardio Fit	10 am	Exercise Studio	Hybrid	Karen
Total Body Conditioning <i>(no class 8/26)</i>	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 <i>(no class 8/6)</i>	8:45 am	Exercise Studio	At the J	Nikki
Masters Swim	9 am	Pool	At the J	Deanna
Rock Steady Boxing <i>(no class 8/27)</i>	11 am	MISC Room	Hybrid	Susie
Zumba <i>(no class 8/20, 8/27, 9/3)</i>	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://sjcc.org/group-fitness)

Class at the J

Hybrid class at the J + streamed online via Zoom

Class online via Zoom

Updated Aug. 2, 2021