



# GROUP FITNESS CLASSES MAY

Schedule Effective 05/01/2023 - 05/31/2023

Members must be 18 years old or 17 and enrolled in SWC classes

For all classes, see our Front Desk Staff to Sign-up and to Check-in prior to class

	Monday	Tuesday	Wednesday	Thursday	Friday
5 AM		<b>5:30 - 8am OPEN GYM</b> <i>[JAWS Membership required]</i> (70-101)		<b>5:30 - 8am OPEN GYM</b> <i>[JAWS Membership required]</i> (70-101)	
7 AM	<b>7:30 - 8:30am STRENGTH &amp; CONDITIONING</b> (Queenax) <i>Diana</i>				
8 AM		<b>8 - 8:55am MAT PILATES</b> (70-311) <i>Lisa</i>		<b>8:30 - 10am CYCLING &amp; MAT PILATES</b> (90 min) (70-311) <i>Lisa</i>	
				<b>8:30 - 9:30am GENTLE &amp; RESTORATIVE YOGA</b> (70-312) <i>Dina</i>	
9 AM	<b>9 - 9:55am CORE &amp; FLEXIBILITY</b> (Queenax) <i>Dina</i>	<b>8:35 - 10am SWC WESA Enrolled Credit Class in Session</b> (Queenax Room)	<b>9 - 9:55am LOW IMPACT CARDIO &amp; SCULPT</b> (Queenax) <i>Dolly</i>	<b>8:35 - 10am SWC WESA Enrolled Credit Class in Session</b> (Queenax Room)	<b>9:30-10:30am BARRE FITNESS</b> <i>JAWS Closed - No Class 5/26</i> (70-313) <i>Dina</i>
		<b>9 - 9:45am CYCLING Express</b> (45 min) (70-311) <i>Lisa</i>			
10 AM	<b>10:15 - 11:10am QUEENAX/TRX</b> (Queenax) <i>Dolly</i>	<b>10:30 - 11:25am STEP/CARDIO &amp; SCULPTING</b> (Queenax) <i>Dolly</i>	<b>10:30 - 11:15am CHAIR YOGA</b> (45 min) (Queenax) <i>Dina</i>		
11 AM	<b>11:30 - 12:15pm CHAIR YOGA SCULPT</b> (45 min) (Queenax) <i>Dina</i>	<b>11am - 12pm WATER AEROBICS</b> (intermediate-advance) (Pool) <i>Suzie</i>		<b>11am - 12pm WATER AEROBICS</b> (intermediate-advance) (Pool) <i>Suzie</i>	<b>11 - 11:45am CHAIR YOGA</b> (45 min) <i>JAWS Closed - No Class 5/26</i> (Queenax) <i>Dina</i>
				<b>11 - 11:55pm TRX &amp; FLEXIBILITY</b> (Queenax) <i>Dolly</i>	
Noon		<b>12 - 12:45pm CHAIR YOGA</b> (45 min) (Queenax) <i>Dina</i>	<b>12 - 1pm GENTLE YOGA</b> (70-313) <i>Dina</i>	<b>12:15 - 1pm CHAIR YOGA</b> (45 min) w/Self Relaxation Techniques (Queenax) <i>Dolly</i>	
		<b>12 - 1pm INTRO TO COMBAT FITNESS</b> (70-312) <i>Justin</i>		<b>12 - 1pm INTRO TO COMBAT FITNESS</b> <i>Class Possibly Canceled for 5/25 SWC Finals</i> (70-312) <i>Justin</i>	
		<b>12 - 1pm GENTLE WATER EXERCISE</b> (Pool) <i>Suzie</i>		<b>12 - 1pm GENTLE WATER EXERCISE</b> (Pool) <i>Suzie</i>	
1 PM	<b>1:30 - 2:30pm DANCE CARDIO (Heels)</b> (70-313) <i>Renée</i>	<b>1:30 - 2:30pm GENTLE YOGA FLOW</b> (70-310) <i>Dolly</i>	<b>1:30 - 2:30pm BARRE FITNESS</b> (70-313) <i>Dolly</i>	<b>1:30 - 2:30pm COMBAT FITNESS</b> (all levels) (70-312) <i>Justin</i>	
		<b>1:30 - 2:30pm COMBAT FITNESS</b> (all levels) (70-312) <i>Justin</i>			
3 PM		<b>3 - 4pm BOXING</b> (70-312) <i>Justin</i>		<b>3 - 4pm BOXING</b> (70-312) <i>Justin</i>	
5 PM	<b>5 - 6pm GENTLE &amp; RESTORATIVE YOGA</b> (70-313) <i>Isela</i>	<b>5:30 - 6:30pm INTERVAL TRAINING</b> (Queenax) <i>Renelynne</i>		<b>5 - 6pm TRX CIRCUIT</b> (Queenax) <i>Renelynne</i>	
				<b>5:30 - 6:30pm ZUMBA</b> (70-312) <i>Laura</i>	
6 PM	<b>6:30 - 7pm SOUND HEALING &amp; MEDITATION Express</b> (30 min) (70-313) <i>Isela</i>	<b>6:30 - 7:30pm GENTLE YOGA &amp; SOUND HEALING</b> (70-310) <i>Isela</i>	<b>6:45 - 7:45pm GENTLE YOGA</b> (70-313) <i>Samantha</i>		
	<b>6:45 - 7:45pm STRENGTH &amp; CONDITIONING</b> (Queenax) <i>Diana</i>		<b>6:45 - 7:45pm CROSS TRAINING</b> (Queenax) <i>Diana</i>		

JAWS will be closed: **Friday, May 26 (SWC Graduation)** and **Monday, May 29, 2023 (Memorial Day)**

Note: Possible Class Cancellations for SWC Finals Week - May 22 - May 26. Check with your JAWS Instructor.

# JAGUAR AQUATICS WELLNESS & SPORTS

ATTENTION MEMBERS!

JAWS has OPEN GYM in the Basketball Gymnasium - Room (70-101) on Tuesdays and Thursdays from 5:30am-8am. JAWS Fitness Membership required. Please check in at the Front Desk before proceeding to the gymnasium.

POOL HOURS CHANGE! Pool hours end time has changed from 7:30pm to 7pm. New Pool hours are from 5:30am - 7pm

CLASS DESCRIPTIONS	FOCUS
<b>BARRE FITNESS:</b> A ballet/pilates/yoga/strength training-inspired total-body conditioning workout with a focus on flexibility, balance, stability, and strength. All fitness levels are welcome.	Strength, Flexibility
<b>BOXING:</b> A high-energy cardio-vascular workout for all fitness levels, using a variety of bag work, shadow boxing, and footwork.	Cardio, Strength
<b>CHAIR YOGA:</b> A gentle yoga practice that is easy on the joints and muscles. Postures and breathing exercises are performed with the aid of a chair to help improve flexibility and restore strength.	Mind-Body
<b>CIRCUIT TRAINING / INTERVAL TRAINING:</b> A total body workout where members perform a combination of 6 or more exercises, with short rest periods between them, using various fitness equipment. Multiple circuits can be performed in one session. All fitness levels are welcome.	Strength, Cardio, Flexibility
<b>COMBAT FITNESS:</b> A high-energy workout for all fitness levels, using martial arts techniques to improve aerobic and anaerobic fitness, flexibility, speed, and agility.	Cardio, Strength
<b>CORE:</b> A workout for all levels, that focuses on strengthening and conditioning of the core muscles surrounding the middle of the body: abdominals, obliques, back, spine, pelvic floor and glutes.	Core Strength
<b>CROSS TRAINING:</b> A full body workout with rigorous sequencing and high intensity exercises to improve your muscular strength, balance and flexibility.	Strength, Cardio, Flexibility
<b>CYCLING:</b> A cardio-vascular workout performed on a stationary bike; great for all levels.	Cardio
<b>FLEXIBILITY:</b> Increase your flexibility using a variety of fitness props. Take this class pre- or post- workout, to prepare/stretch out your body. All levels are welcome.	Flexibility
<b>GENTLE YOGA:</b> A multi-level practice that incorporates simple flow sequences while focusing on alignment, breathwork, and flexibility.	Mind-Body
<b>HEELS (Dance Cardio):</b> A dance cardio class focusing on beginning heels technique with an emphasis on jazz movement. All levels are welcome. No experience needed. Heels are not required, but highly encouraged.	Cardio
<b>LOW-IMPACT CARDIO:</b> A low- impact cardio fitness class that incorporates functional movements with cardiovascular segments. This class is beginner friendly, all fitness levels are welcome.	Cardio, Strength
<b>MEDITATION:</b> A mind-body practice that can improve mental health and overall well-being.	Mind-Body
<b>PILATES:</b> A low-impact mind-body workout with controlled movements to enhance your balance, core strength, mobility, and flexibility.	Mind-Body
<b>QUEENAX:</b> A versatile total body workout, for all fitness levels, using the Queenax equipment.	Strength, Flexibility
<b>RESTORATIVE YOGA:</b> A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body.	Mind-Body
<b>SCULPT/SCULPTING:</b> A muscle-toning class using various fitness strength training equipment.	Strength
<b>SELF-RELAXATION TECHNIQUES:</b> Learn self-relaxation techniques using simple props.	Mind-Body
<b>STEP CARDIO:</b> A cardio workout using the STEP board.	Cardio
<b>STRENGTH &amp; CONDITIONING:</b> Increase your physical strength with weight-bearing and/or resistance exercises.	Strength
<b>SOUND HEALING:</b> A practice using different sounds and vibrations to improve emotional and physical well-being.	Mind-Body
<b>TRX (Total Resistance Exercise):</b> This class is a form of suspension training that uses gravity and body-weight exercises to develop strength, balance, flexibility, and core stability. All fitness levels are welcome.	Strength, Flexibility
<b>U-JAM FITNESS:</b> A cardio hip hop dance fitness experience with easy to follow choreography, incorporating beats from around the world. No experience needed.	Cardio
<b>YOGA:</b> A mid-body practice promoting mental and physical well-being that incorporates postures (poses), breathing techniques, meditation and/or relaxation.	Mind-Body
<b>ZUMBA:</b> A calorie burning cardio-dance workout that incorporates dance and fitness moves to international rhythms and music. No experience needed.	Cardio
<b>DEEP WATER AEROBICS:</b> An aqua fitness class performed in deep water. No swimming skills are needed; participants use a floatation belt. Please be changed and ready to exercise at the class start time. JAWS Fitness Membership required.	Aqua Fitness
<b>GENTLE WATER EXERCISE:</b> A low-impact, slower-paced aqua class designed to use the water's resistance for less stress on the joints. Little to no equipment will be used. No swimming skills are needed. Please be changed and ready to exercise at the class start time. JAWS Fitness Membership required.	Aqua Fitness
<b>WATER AEROBICS:</b> A low-impact aerobic exercise class designed to improve flexibility, range of motion, strength, cardiovascular endurance using the resistance of the water. No swimming skills are needed. Please be changed and ready to exercise at the class start time. JAWS Fitness Membership required.	Aqua Fitness

## GROUP FITNESS ETIQUETTE:

1. JAWS Fitness Center Membership required to take Group Fitness Classes.
2. See the Front Desk Staff to book the class(es) you would like to take.
3. Before your class begins, check in with the Front Desk and let them know you will be taking class.
4. Please be respectful of instructors and other members when taking classes by arriving on time, ready to workout, at class start time.
5. Arriving late is disruptive to the instructor and your fellow members. Late arrival also poses a safety issue as you will not be properly warmed up or prepared for the activity you are about to do. If you find yourself arriving more than 5 minutes late, please enjoy a workout on the fitness floor and join in next time.
6. Classes are a group activity; we request that you follow the instructor's routine.
7. Keep conversation to a minimum.
8. Please do not enter the studio before the current class has finished.
9. Wear appropriate exercise attire and footwear.
10. Water must be in an enclosed, unbreakable container. Other drinks and food are not permitted in the room.
11. As a consideration to other members, no cell phone uses is permitted in the room. Please put all phones on silent mode.
12. We recommend using a towel.
13. Only instructors are permitted to use stereo equipment.
14. Please refrain from wearing perfume, cologne, and scented lotions and remember personal hygiene.
15. For health and hygiene reasons, please wipe down equipment after use. We recommend providing your own mat/yoga mat.
16. Please return all equipment used in class to its proper storage location.

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Gym Hours: 5:30 a.m. – 8 p.m.  
 Pool Hours: 5:30 a.m. – 7 p.m.