



# 2024 GROUP FITNESS CLASSES APRIL

Schedule Effective 04/02/2024 - 4/30/2024

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	Saturday NEW for 2024! (Gym Hours 7am-1pm; Pool Hours 7am-12pm)
6 AM	<b>**Pilates Reformer</b> 6:30 - 7:20am		<b>**Pilates Reformer</b> 6:30 - 7:20am	<b>**Pilates Reformer</b> 6:30 - 7:20am		
7 AM	<b>**Pilates Reformer</b> 7:30 - 8:20am		<b>**Pilates Reformer</b> 7:30 - 8:20am	<b>**Pilates Reformer</b> 7:30 - 8:20am		
8 AM	8:30 - 9:25am <b>POWER YOGA</b> <i>(Queenax) Dina</i>	8:30 - 9:30am <b>INTRO TO CYCLING</b> all levels <i>(70-311) Lisa</i>	8 - 9am <b>CARDIO &amp; STRENGTH</b> <i>(Queenax) Rae</i>	8:30 - 9:25am <b>INTRO TO CYCLING</b> all levels <i>(70-311) Lisa</i>	8 - 9am <b>POWER YOGA</b> <i>(70-310) Rae</i>	8 - 9am <b>INTRO TO KICKBOXING</b> <i>(70-312) Justin</i>
		8:35 - 10am <b>SWC WESA Enrolled Credit Class in Session</b> <i>(Queenax Room)</i>		8:35 - 10am <b>SWC WESA Enrolled Credit Class in Session</b> <i>(Queenax Room)</i>		8 - 9am <b>ZUMBA</b> <i>(70-313) Laura</i>
9 AM	9:45 - 10:40am <b>SUSPENSION TRAINING</b> <i>(Queenax) Dolly</i>	9 - 9:55am <b>INTERVAL TRAINING</b> <i>(70-312) Dina</i>	9:30 - 10:25am <b>YOGA-LATES</b> <i>(Queenax) Dolly</i>	9:30 - 10:15am <b>INTRO TO PILATES</b> all levels <i>(70-311) Lisa</i>	9:30 - 10:25am <b>HIIT YOGA FUSION</b> <i>(Queenax) Dina</i>	9 - 9:55am <b>IRON STRENGTH</b> <i>(Queenax) Diana</i>
						9:30 - 10:30am <b>MUAY THAI KICKBOXING</b> all levels <i>(70-312) Justin</i>
10 AM		10:30 - 11:25am <b>YOGA SCULPT</b> <i>(Queenax) Dina</i>				10 - 11am <b>GENTLE YOGA FLOW</b> <i>(70-310) Tony</i>
						10:15 - 11:15am <b>INTERVAL CYCLING</b> <i>(70-311) Diana</i>
11 AM	11:00am - 11:55am <b>CORE FLEX</b> <i>(Queenax) Dina</i>		11:30 - 12:25pm <b>GENTLE YOGA FLOW</b> <i>(Queenax) Isela</i>	11:00 - 11:55am <b>TRX FLEXIBILITY</b> <i>(Queenax) Dolly</i>	11:00 - 12pm <b>GENTLE &amp; RESTORATIVE YOGA</b> <i>(70-310) Dina</i>	11am - 12pm <b>BOXING</b> <i>(70-312) Justin</i>
Noon	12:15 - 1:10pm <b>CHAIR FITNESS</b> <i>(Queenax) Dina</i>	12 - 1pm <b>INTRO TO KICKBOXING</b> <i>(70-312) Justin</i>		12 - 1pm <b>INTRO TO KICKBOXING</b> <i>(70-312) Justin</i>		
		12 - 12:55pm <b>CHAIR YOGA</b> <i>(Queenax) Dina</i>		12:15 - 1pm <b>CHAIR YOGA</b> for Stress Relief <i>(Queenax) Dolly</i>		
1 PM		1:30 - 2:30pm <b>MUAY THAI KICKBOXING</b> all levels <i>(70-312) Justin</i>	1:30 - 2:30pm <b>BARRE 360</b> <i>(70-310) Dolly</i>	1:30 - 2:30pm <b>MUAY THAI KICKBOXING</b> all levels <i>(70-312) Justin</i>		
			<b>**Pilates Reformer</b> 1:30 - 2:20pm	<b>**Pilates Reformer</b> 1:30 - 2:20pm		
3 PM		3 - 4pm <b>BOXING</b> <i>(70-312) Justin</i>		3 - 4pm <b>BOXING</b> <i>(70-312) Justin</i>		
4 PM	4 - 5pm <b>DANCE FUSION</b> <i>(70-313) Renée</i>					
5 PM	5 - 6pm <b>SOUND HEALING at SUNSET</b> <i>(70-310) or Amphitheater Isela</i>	5 - 6pm <b>GENTLE YOGA</b> <i>(70-310) Isela</i>				
	5:30 - 6:25pm <b>SUSPENSION BARRE</b> <i>(Queenax) Dolly</i>					
6 PM		6 - 7pm <b>STRONG</b> <i>(70-312) Laura</i>	6:45 - 7:40pm <b>IRON STRENGTH</b> <i>(Queenax) Diana</i>	6 - 7pm <b>ZUMBA</b> <i>(70-312) Laura</i>		

\* room change, time change, new class, class name change, etc.

**\*\*Reformer Pilates** - Introductory Rate \$10 per class - Active Members only (No exceptions) - advanced booking/check-in required; booking opens 7 days in advance; check-in 15 min prior to start of class; arriving late will forfeit your spot; socks that cover the whole foot are required - grippy socks highly recommended.  
No refunds; no transfers; no rescheduling; no cancellations

**JAWS is closed Monday April 1 (Cesar Chavez Day observed)**

# JAGUAR AQUATICS WELLNESS & SPORTS

ATTENTION MEMBERS!

**Saturday Hours:** Gym: 7am-1pm ; Pool: 7am-12pm

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 (M-F). New Pool hours are: **Mon-Fri: 5:30am - 7pm; Sat: 7am-12pm**

CLASS DESCRIPTIONS	FOCUS
<b>BARRE 360:</b> A total-body conditioning workout inspired by ballet/pilates/yoga/strength training-- with a focus on flexibility, balance, stability, and strength. All fitness levels are welcome. - <b>SUSPENSION BARRE:</b> Your core and stabilizing muscles will be challenged with the use of the suspension trainers, add barre exercises and you have a total body workout. All fitness levels 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>CARDIO &amp; STRENGTH:</b> Increase your cardio-vascular endurance and incorporate strength training with this workout for all fitness levels. Cardio can be high or low impact depending on your preference.	Cardio, Strength
<b>CHAIR YOGA:</b> A gentle yoga practice accessible for every body, that is easy on the joints and muscles. Postures and breathing exercises are performed with the aid of a chair to build strength, improve flexibility, and restore strength. - <b>CHAIR YOGA for Stress Relief:</b> Chair yoga practice that incorporates self-relaxation techniques to relieve stress using simple props.	Mind-Body
<b>CHAIR FITNESS:</b> A gentle chair workout that uses light weights/resistance bands, that is easy on the joints and muscles. Exercises are performed with the aid of a chair to help increase strength and improve flexibility.	Strength, Flexibility
<b>CORE FLEX:</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. Increase your flexibility using a variety of fitness props. All levels are welcome.	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/FIT CYCLE:</b> A cardio-vascular workout performed on a stationary bike; great for all levels. Might include some strength training.	Cardio
<b>DANCE FUSION:</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>FIT CYCLE:</b> A cardio-vascular workout performed on a stationary bike; great for all levels. Might include some strength training.	Cardio
<b>GENTLE &amp; 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>HIIT YOGA FUSION:</b> A unique class that combines the strength and intensity of HIIT with the mindfulness and flexibility of yoga, integrating HIIT exercises like burpees, jump squats, and mountain climbers with yoga poses and flows to provide a balanced and invigorating workout experience.	Strength, Cardio, Flexibility
<b>INTERVAL CYCLING:</b> Improve your cardio-vascular endurance and build strength with stationary bike cycling and strength training workout mash-up in an interval training format; great for all levels.	Cardio, Strength
<b>INTERVAL TRAINING/CIRCUIT 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>INTRO TO KICKBOXING:</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>INTRO TO PILATES (all levels):</b> A low-impact mind-body workout with controlled movements to enhance your balance, core strength, mobility, and flexibility.	Mind-Body
<b>IRON STRENGTH (formerly STRENGTH &amp; CONDITIONING):</b> Increase your physical strength with weight-bearing and/or resistance exercises.	Strength
<b>MUAY THAI KICKBOXING:</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>PILATES:</b> A low-impact mind-body workout with controlled movements to enhance your balance, core strength, mobility, and flexibility.	Mind-Body
<b>**Pilates Reformer - Introductory Rate \$10 per class - Active Members only (No exceptions- no guests; no walk-ins) - advanced booking/check-in required; booking opens 7 days in advance; check-in 15 min prior to start of class; arriving late will forfeit your spot; socks that cover the whole foot are required - grippy socks highly recommended.</b>	Mind-Body
<b>POWER YOGA:</b> A yoga practice performed with a steady flow to enhance physical performance, build strength/stability.	Mind-Body
<b>SCULPT/SCULPTING:</b> A muscle-toning class using various fitness strength training equipment.	Strength
<b>STRONG:</b> A full-body bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises similar to a HIIT-like class format.	Cardio, Strength
<b>SOUND HEALING at SUNSET:</b> A wellness/ yoga practice done at the end of the day, that combines gentle and restorative poses with healing sounds.	Mind-Body
<b>SUSPENSION BARRE:</b> A total body Barre workout incorporating the use of the Superfunctional Queenax bar/ TRX Suspension Trainers. Your core and stabilizing muscles will be challenged with the use of the suspension trainers. All levels welcome.	Strength, Flexibility
<b>SUSPENSION TRAINING:</b> A versatile total body workout, for all levels, using the Superfunctional Queenax bar, TRX, and/or other fitness equipment. Use gravity and bodyweight exercises to develop strength, balance, flexibility, and core stability.	Strength, Flexibility
<b>TRX (Total Resistance Exercise):</b> This class is a form of suspension training using the TRX Suspension Trainer. Participants will perform a variety of bodyweight exercises targeting strength, stability, and core engagement. All fitness levels are welcome. - <b>TRX CIRCUIT:</b> A total body workout where members perform a combination of 6 or more exercises, with short rest periods between them, using the TRX and various fitness equipment. All fitness levels are welcome. - <b>TRX FLEXIBILITY:</b> Perform yoga poses and flexibility exercises using the TRX Suspension Trainer.	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. - <b>GENTLE &amp; RESTORATIVE YOGA:</b> A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body. - <b>POWER YOGA:</b> A yoga practice performed with a steady flow to enhance physical performance, build strength/stability. - <b>SOUND HEALING at SUNSET:</b> A wellness/ yoga practice done at the end of the day, that combines gentle and restorative poses with healing sounds. - <b>SUNRISE YOGA:</b> Begin your day with intention and focus with a morning yoga practice that can increase your clarity and peace of mind. - <b>YOGA FLOW:</b> A multi-level practice that incorporates simple flow sequences while focusing on alignment, breathwork, and flexibility. - <b>YOGA SCULPT:</b> A full body yoga practice that focuses on intensity and strength, that uses hand weights and resistance bands.	Mind-Body
<b>YOGA-LATES:</b> A low-impact mind-body workout that is a fusion of yoga and pilates designed to improve your core strength, posture, mobility, balance, and flexibility.	Mind-Body
<b>ZUMBA:</b> A calorie burning cardio-dance workout that incorporates dance and fitness moves to bold & spirited international rhythms and music. No experience needed.	Cardio

## GROUP FITNESS ETIQUETTE:

- JAWS Fitness Center Membership required to take Group Fitness Classes.
- We have two parts to taking our group fitness classes:
  - Book the Class - on the Wellyx app or at the Front Desk Staff.
  - Check into the Class - When you arrive in the facility, scan your membership card and let the Front Desk Staff know you will be taking class.
- All guests must sign a waiver at the Front Desk at every visit. Guests attending a group fitness must also sign in at the class.
- Please be respectful of instructors and other members when taking classes by arriving on time, ready to workout, at class start time.
- 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.
- Classes are a group activity; we request that you follow the instructor's routine.
- Instructors reserve the right to cancel classes with participation levels of 2 or less.
- Keep conversations to a minimum.
- Please do not enter the classroom before the current class has finished.
- Wear appropriate exercise attire and footwear.
- Water must be in an enclosed, unbreakable container. Other drinks and food are not permitted in the room.
- As a consideration to other members, no cell phone use is permitted in the room. Please put all phones on silent mode.
- We recommend using a towel.
- Only instructors are permitted to use stereo equipment.
- Please refrain from wearing perfume, cologne, and scented lotions and remember personal hygiene.
- For health and hygiene reasons, please wipe down equipment after use. We recommend providing your own mat/yoga mat.
- Equipment is to be used for intended purposes only.
- Moving equipment from room to room is **not** allowed.
- Please return all equipment used in class to its proper storage location.
- The Queenax Room is closed for individual use while class is in session.

Southwestern Community College  
Jaguar Aquatics Wellness & Sports  
900 Otay Lakes Road, Bldg. 70  
Chula Vista, CA 91910

Phone: (619) 482-6327  
Email for JAWS: swcwac@swccd.edu  
Email for Group Exercise: swcjawsgx@swccd.edu  
Website: swcjaws.com  
IG: @swc\_jaws

**Gym Hours:**  
Mon-Fri: 5:30 am - 8  
pm Sat: 7 am - 1 pm

**Pool Hours:**  
Mon-Fri: 5:30 am - 7 pm  
Sat: 7 am - 12 pm