



2024 GROUP FITNESS CLASSES OCTOBER

Schedule Effective 10/01/2024 - 10/31/2024

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

Revised 09/25/2024

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)						
7 AM		**Pilates Reformer 7 - 7:50am		**Pilates Reformer 7 - 7:50am <i>*new time</i>								
8 AM				**Pilates Reformer 8 - 8:50am <i>*new class</i>	8 - 8:50am <i>*new class</i> (Queenax) Rae	8 - 8:50am <i>*new class</i> (70-311) Diana						
						8 - 8:50am (70-313) Laura						
9 AM	9 - 9:50am (Queenax) Dina	POWER YOGA	9 - 9:50am <i>*room change</i> (Queenax) Dina	INTERVAL TRAINING	9 - 9:50am <i>*room change</i> (Queenax) Dolly	YOGA-LATES	9 - 9:50am <i>*class name change</i> (Queenax) Lisa	MAT PILATES all levels	9 - 9:50am <i>*class name change</i> (Queenax) Dina	HIIT	9 - 9:50am (Queenax) Danny	FITCAMP WARRIORS
									9 - 9:50am (70-311) Rae	THE RIDE (CYCLE)	9 - 9:50am (70-312) Justin	INTRO TO KICKBOXING
10 AM	10 - 10:50am <i>*new time</i> (Queenax) Dina	CHAIR FITNESS	10 - 10:50am (Queenax) Dina	YOGA SCULPT	**Essential Reformer 10 - 10:50am <i>*new class</i>							9:20 - 10:40am SWC CONTINUING EDUCATION TAI CHI Must Be Enrolled - Class FULL for Fall 2024 (70-313; Starting Aug 31)
												10 - 10:50am (70-310) Tony
11 AM	11 - 11:50am (Queenax) Dina	CORE FLEX		11 - 11:50am (Queenax) Isela	GENTLE YOGA FLOW	11 - 11:50am (Queenax) Dolly/Dina	TRX FLEX	11 - 11:50am (70-310) Dina	GENTLE & RESTORATIVE YOGA	11 - 11:50am <i>*time change</i> (70-312) Justin	MUAY THAI KICKBOXING	
Noon	12 - 12:50pm <i>*new class/time</i> (Queenax) Dolly	TRX	12 - 12:50pm (Queenax) Dina	CHAIR YOGA		12 - 12:50pm (Queenax) Dolly/Dina	CHAIR YOGA for Stress Relief					
1 PM			12 - 12:50pm (70-312) Justin	KICKBOXING all levels		12 - 12:50pm (70-312) Justin	INTRO TO BOXING/ KICKBOXING					
5 PM	1 - 1:50pm <i>*time change</i> (70-312) Justin	BOXING	1 - 1:50pm <i>*room change</i> (Queenax) Dolly	BARRE 360	1 - 1:50pm <i>*room change</i> (70-312) Justin	MUAY THAI KICKBOXING all levels						
	**Pilates Reformer 1:30 - 2:20pm				**Pilates Reformer 1:30 - 2:20pm							
6 PM	5 - 5:50pm (70-310) Isela	SOUND HEALING at SUNSET	5 - 5:50pm (70-310) Isela	GENTLE YOGA	5 - 5:50pm (Queenax) Rae	INTERVAL TRAINING	5 - 5:50pm (Queenax) Danny	FITCAMP WARRIORS				
	5 - 5:50pm (Queenax) Dolly	SUSPENSION BARRE	**Pilates Reformer 5 - 5:50pm <i>*new class</i>									
7 PM	**Essential Reformer 6 - 6:50pm <i>*class name change</i>	6 - 6:50pm <i>*class name change</i> (70-312) Laura	HIIT				6 - 6:50pm (70-312) Laura	ZUMBA				
				7 - 7:30pm (30 min) <i>*new time</i> (70-311) Diana	EXPRESS CYCLE							<i>* room change, time change, new class, class name change, etc.</i>

****Reformer Pilates** - Starting Oct 1st Reformer classes will be \$15 per class for Active Members only (No exceptions)

Reformer Pilates for non-members, guests, walk-ins are \$30 a class.

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

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
BARRE 360: 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. - SUSPENSION BARRE: 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
BOXING: A high-energy cardio-vascular workout for all fitness levels, using a variety of bag work, shadow boxing, and footwork.	Cardio, Strength
CHAIR YOGA: 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. - CHAIR YOGA for Stress Relief: Chair yoga practice that incorporates self-relaxation techniques to relieve stress using simple props.	Mind-Body
CHAIR FITNESS: 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
CORE FLEX (Core and Flexibility): 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.	Core Strength
CYCLING/EXPRESS CYCLE: A cardio-vascular workout performed on a stationary bike; great for all levels. Might include some strength training.	Cardio
EXPRESS CYCLE: A cardio-vascular workout performed on a stationary bike; great for all levels.	Cardio
FITCAMP WARRIORS: Burn fat and build muscle with strength training. All levels welcome	Strength
GENTLE & RESTORATIVE YOGA: A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body.	Mind-Body
HIIT (High Intensity Interval Training): A full-body bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. All levels welcome	Cardio, Strength
INTERVAL CYCLING: 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
INTERVAL TRAINING: 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
INTRO TO KICKBOXING: A high-energy workout for all fitness levels, using martial arts techniques to improve aerobic and anaerobic fitness, flexibility, speed, and agility.	Cardio, Strength
MAT PILATES (all levels): A low-impact mind-body workout with controlled movements to enhance your balance, core strength, mobility, and flexibility.	Mind-Body
MUAY THAI KICKBOXING: A high-energy workout for all fitness levels, using martial arts techniques to improve aerobic and anaerobic fitness, flexibility, speed, and agility.	Cardio, Strength
**Pilates Reformer - A full-body workout that uses the Pilates Reformer Machine to improve core strength, increase muscle tone, and increase flexibility. **Essential Reformer - An excellent introduction to Pilates with basic reformer exercises to get acquainted with the equipment. Socks that cover the whole foot are required - grippy socks highly recommended.	Mind-Body
**Pilates Reformer - \$15 per class - Active Members only (No exceptions- no guests; no walk-ins at this rate) Non-members, guests, drop-ins \$30 a class 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	
POWER YOGA: A yoga practice performed with a steady flow to enhance physical performance, build strength/stability.	Mind-Body
SCULPT/SCULPTING: A muscle-toning class using various fitness strength training equipment.	Strength
STRENGTH & CONDITIONING: Increase your physical strength with weight-bearing and/or resistance exercises.	Strength
SOUND HEALING at SUNSET: A wellness/ yoga practice done at the end of the day, that combines gentle and restorative poses with healing sounds.	Mind-Body
SUSPENSION BARRE: 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
SUSPENSION TRAINING: 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
THE RIDE (CYCLE): A cardio-vascular workout performed on a stationary bike; great for all levels.	Cardio
TRX (Total Resistance Exercise): 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. - TRX CIRCUIT: 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. - TRX FLEX: Perform yoga poses and flexibility exercises using the TRX Suspension Trainer.	Strength, Flexibility
YOGA: A mid-body practice promoting mental and physical well-being that incorporates postures (poses), breathing techniques, meditation and/or relaxation. - GENTLE & RESTORATIVE YOGA: A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body. - POWER YOGA: A yoga practice performed with a steady flow to enhance physical performance, build strength/stability. - SOUND HEALING at SUNSET: A wellness/ yoga practice done at the end of the day, that combines gentle and restorative poses with healing sounds. - YOGA FLOW: A multi-level practice that incorporates simple flow sequences while focusing on alignment, breathwork, and flexibility. - YOGA FOAM ROLLER: A yoga practice that incorporates the use of a foam roller for myofascial release. - YOGA SCULPT: A full body yoga practice focusing on intensity and strength, that uses bodyweight and can use hand weights and resistance bands.	Mind-Body
YOGA-LATES: 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
ZUMBA: 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 and be 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: swcjaws@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