



SPRING 2026 GROUP FITNESS CLASSES



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

Revised 1/27/2026

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|--|
| 6 AM | 6 - 6:50AM & 7 - 7:50AM CROSSBOX | 6 - 6:50AM & 7 - 7:50AM CROSSBOX | 6 - 6:50AM & 7 - 7:50AM CROSSBOX | 6 - 6:50AM & 7 - 7:50AM CROSSBOX | 6 - 6:50AM & 7 - 7:50AM CROSSBOX | |
| <i>CROSSBOX IS FOR BOXING MEMBERSHIP ONLY</i> | | | | | | |
| 7 AM | | 7 - 7:50am CYCLING <small>(70-311) <i>Crucita</i></small> | | 7 - 7:50am CYCLING <small>(70-311) <i>Crucita</i></small> | | |
| 8 AM | | 8:30 - 9am ZUMBA <small>(70-313) <i>Siomara</i></small> | | 8:30 - 9am ZUMBA <small>(70-313) <i>Siomara</i></small> | 8 - 8:50am GLUTE FIT <small>(70-312) <i>Samantha</i></small> | 8 - 8:50am ZUMBA <small>(70-313) <i>Laura</i></small> |
| 9 AM | 9 - 9:50am STRENGTH & MOBILITY <small>(70-312) <i>Dina</i></small> | 9:10 - 9:50am CARDIO SCULPT <small>(70-313) <i>Siomara</i></small> | 9 - 9:50am LATIN DANCE <small>(70-310) <i>Gonzalo</i></small> | 9:10 - 9:50am CARDIO SCULPT <small>(70-313) <i>Siomara</i></small> | 9 - 9:50am HIIT <small>(70-313) <i>Dina</i></small> | 9 - 9:50am WEEKEND WARRIORS <small>(70-312) <i>Isaiah</i></small> |
| 10 AM | 10 - 10:50 am YOGA <small>(70-312) <i>Dina</i></small> | | | | 10 - 10:50am GENTLE YOGA <small>(70-313) <i>Dina</i></small> | 10 - 10:50am ZUMBA <small>(70-313) <i>Siomara</i></small> |
| 11 AM | 11 - 11:50am CYCLING <small>(70-311) <i>Dina</i></small> | 11:45 - 12:35 pm HIIT <small>(70-312) <i>Isaiah</i></small> | 11:30 - 12:20pm INTERVAL TRAINING <small>(70-312) <i>Dina</i></small> | | 11 - 11:50am CHAIR FITNESS <small>(70-313) <i>Dina</i></small> | 11 - 11:50am CORE FIT <small>(70-312) <i>Aryanna</i></small> |
| 12 PM | | | 12:30pm-1:20pm BARRE <small>(70-312) <i>Dina</i></small> | | 12 - 12:50pm HIIT <small>(70-312) <i>Isaiah</i></small> | |
| 1 PM | 1:20 - 2:10 pm CHAIR YOGA <small>(70-310) <i>Dina</i></small> | | | 1:30 - 2:00 pm Adaptive Jump Rope <small>(70-310) <i>Whitnee</i></small> | 12:30 - 1:30 pm MAT PILATES <small>(starting 2/27) <i>Liz</i></small> | |
| 3 PM | | | | 3 - 3:30pm TRX <small>(70-312) <i>Samantha</i></small> | | |
| 4 PM | | | 4:30 - 5:30 pm MAT PILATES <small>(starting 3/18) <i>Liz</i></small> | | | |
| 5 PM | 5 - 5:50pm BEGINNER FITNESS <small>(70-313) <i>Siomara</i></small> | 5 - 5:30pm TRX <small>(70-312) <i>Samantha</i></small> | 5 - 5:50pm BEGINNER FITNESS <small>(70-313) <i>Siomara</i></small> | 5 - 5:50pm GENTLE YOGA <small>(70-313) <i>Samantha</i></small> | 5 - 6:00 pm BOXING <small>(Starting 2/20) <i>Anthony</i></small> | |
| 6 PM | 6 - 6:50pm BODY SCULPT <small>(70-313) <i>Laura</i></small> | | 6 - 6:50pm ZUMBA <small>(70-313) <i>Laura</i></small> | 6 - 6:50pm BODY SCULPT <small>(70-313) <i>Laura</i></small> | | |

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

Closed on state and district mandated holidays

Pool Hours: Mon/Wed/Thur 5:30 am-6:00 pm; Tue/Fri 5:30 am-7:00 pm; Sat: 7 am - 1pm

Closed on state and district mandated holidays

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.

We strongly encourage members to register for classes in advance. If a class needs to be canceled, only registered participants can be directly notified.

Members may sign up through the Wellyx app using their account or in person at the front desk.