

# JF WEEKLY CLASS SCHEDULE JUNE 1ST-JUNE 18TH

## MONDAY

**Sculpt Yoga  
with Tana  
5:30am-6:30am**

**\*Beginner  
Dance  
with Kolby  
ages 6-12  
4:30pm-5:30pm**

**Adult Dance  
with Kolby  
5:30pm-  
6:30pm**

## TUESDAY

**Gentle Yoga  
with Bharti  
10:00am-11:00am**

**Hatha Yoga  
with Amy  
6:30pm-7:30**

## WEDNESDAY

**Morning  
Bootcamp  
with Kat  
5:30am-6:30am**

**Zumba  
with Jessica  
9:30am-10:30am**

**\*Advanced Dance  
with Kolby  
ages 12-18  
4:30pm-5:30pm**

**Adult Dance  
with Kolby  
5:30pm-6:30**

**Vinyasa Slow  
Flow Yoga  
with Tana  
7:00pm-8:00pm**

## THURSDAY

**Morning  
Bootcamp  
with Kat  
5:30am-6:30am**

**Bootcamp  
9:00am-10:00am**

**\*Yoga for Teens  
with Bharti  
4:30pm-5:30pm**

**MFR  
with Kory  
5pm-6pm**

**Hatha Yoga  
with Amy  
6:30pm-7:30**

**Yin Yoga  
with Kory  
7:45pm-8:45**

## FRIDAY

**Self Love  
Bootcamp  
with Kat  
1:00pm-2:00pm**

**\*Kids Yoga  
with Bharti  
3:30pm-4:30pm**

**mom & me  
Yoga  
with Bharti  
3:30pm-4:30pm**


**Zumba  
with Jessica  
6:30pm-7:30pm**

## SATURDAY

**Morning Yoga  
9am-10am**




Classes are available for the whole community membership not required.  
A little progress each day adds up to BIG results



## Hip Hop Dance

Come learn some new dance moves to today's hits and old school classics. Fun class and a great aerobic workout. For All fitness levels.



## Boot Camp

Full body strength and HIIT workout to increase endurance and explosive movement for Any level.



## Yoga Sculpt

Total body workout for ALL fitness levels. Full body strengthening with body weight resistance to get your heart rate and metabolism moving.




## Zumba

Latin dance inspired cardio workout combining dance with bodyweight movements into low-impact choreography.




## MFR

Myofascial (my-o-FASH-e-ul) Owner of Wellround instructs you how to manually relieve the tough membranes, myofascia, that wrap, connect and support your muscles. Products available for purchase.



## Vinyasa Slow Flow

Faster paced and dynamic style of yoga. Linking the breath to movement using a creative sequencing of postures.



## Self-Love Bootcamp

Full body strength and cardio combined with breathwork, mobility, flexibility and gratitude practices.



## Gentle Yoga

A gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.




## Hatha Yoga

Gentle, steady yoga practice linked to breathe with long holds and mind-body focus.



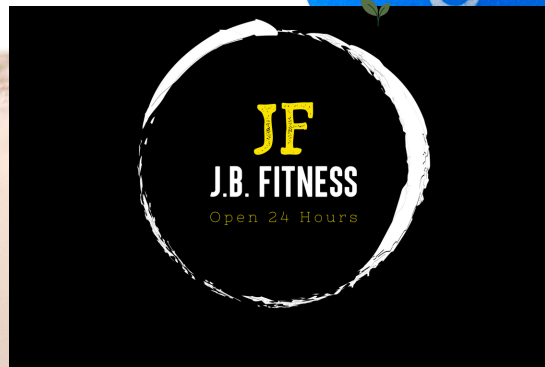
## Yin Yoga

It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body



## Mommy and ME Yoga

Yoga is about moving with breath. Once children and their parents learn this skill, many challenges in life become easier ages 6 and up.



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