

JF CLASS SCHEDULE

MONDAY

**SCULPT
YOGA**
with Tana
5:30am-
6:30am

BOOTCAMP
with Jyl
7:00am-8:00am

***Kids
Dance**
with Kolby
4:30-5:30pm

TUESDAY

GENTLE YOGA
with Bharti
10:00am-
11:00am

**HATHA
YOGA**
with Amy
6:30pm-
7:30

WEDNESDAY

FUSION YOGA
with Chelsie
9:00am-
10:00am

**SCULPT
YOGA**
with Tana
5:30-6:30pm

**SLOW FLOW
YOGA**
with Tana
7:00pm-
8:00pm

THURSDAY

**SELF
MASSAGE**
with Kory
5pm-6pm

**HATHA
YOGA**
with Amy
6:30pm-7:30

BOOTCAMP
with Jyl
7:45-8:30

FRIDAY

SATURDAY

**MORNING
YOGA**
9:00AM-
10:00AM
Instructor
Rotation



Classes are available for the whole community membership not required.
CLASSES WITH AN * REQUIRE PRE-REGISTRATION



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.



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.



Circuit Training

Combination and alternate between six to ten exercises to target different muscle groups.



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



Zumba

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



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Parent 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.