

JF CLASS SCHEDULE

MONDAY

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

SCULPT
YOGA/Barre
with Tana
9:00am-10:00am

TUESDAY

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

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

WEDNESDAY

Fusion Yoga
with Chelsie
9:00-10:00am

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

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

THURSDAY

Recovery-MFR
with Kory
5:30-6:30pm

YIN-Yoga
with Kory
6:30-7:30pm

BOOTCAMP
with Jyl
7:45-8:30

FRIDAY

HATHA YOGA
with Amy
9:00 am -10:00



Book now

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