JB FITNESS CLASS SCHEDULE

MONDAY

9:00-10:00am
Small Group Training
Pre-registration

10:10-11:10am
Senior Fit
with Briana

6:00-7:00pm
Sculpt Yoga / Barre
with Tana

TUESDAY

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

5:15-6:15pm
Strength & Flow Yoga
with Amy

WEDNESDAY

10:10-11:00am
Seniorcise
with Deb

5:15-6:15pm
Pilates
with Elena

THURSDAY

9:00-10:00am
Small Group Training
Pre-registration

10:10-11:10am
Senior Fit
with Jessica

5:15-6:15pm
Build and Burn
with Susan

FRIDAY

11:00am-12:00pm
Yin Yoga
with Olaf

5:15-6:15pm
Pilates
with Elena

SATURDAY

9:00-10:00am
Small Group Training
Pre-registration

SUNDAY

8:00-9:00am
Hatha Yoga
with Olaf

COMMUNITY DROP-IN

Membership is not required
$10 single | 10 classes $90
20 classes $160

SMALL GROUP TRAINING

Single $35
1x/week $120/mo
2x/week $150/mo
3x/week $200/mo

ELITE MEMBERSHIP

24-hour gym membership + 8 classes/month
$60/month

Schedule subject to change. Please check with the front desk for current availability.

CLASS DESCRIPTIONS & STUDIO GUIDELINES

CLASS DESCRIPTIONS

Strength & Flow Yoga

A 60-minute class combining traditional yoga with strength and core conditioning, using light weights, resistance bands, bodyweight exercises, and yoga poses. The goal is to build strength, improve flexibility, and develop better balance, stability, and mobility through a balanced mix of strengthening movements and yoga stretches. Modifications would be offered for different fitness levels.

Gentle Yoga

A gentler style of Hatha yoga, performed at a slower pace. Less intense positions and usually includes extended time for meditation, yogic breath work, and relaxation.

Sculpt Yoga / Barre

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

Build and Burn

A strength and HIIT class designed to build muscle and boost endurance. Expect a mix of weights, bodyweight, and high-intensity intervals for a full-body workout. All levels.

Pilates

Mat based Pilates focuses on strength, stability, posture, proper breath control, and flexibility using slow controlled movements.

Senior Fit

Grab a chair and work on strength, endurance, flexibility, and coordination utilizing a variety of exercises and taught by our personal trainers.

CLASS DESCRIPTIONS & STUDIO GUIDELINES

STUDIO GUIDELINES

STUDIO RULES

Whether you are new to yoga or a proven yogi, these guidelines help create a calm, respectful class environment.

BEFORE CLASS

- Arrive 5-10 minutes early to settle in
- Pre-pay for the class and sign in
- Silence your phone or leave it in your locker
- Allow aroma and lighting to be set by the instructor
- Leave shoes and bags in the designated area
- Place your mat at a designated spot
- Inform the instructor of any injuries

DURING CLASS

- Respect the space and stay on your mat
- Listen carefully and respectfully to the instructor
- Watch and copy the instructor
- Ask for help if you need it
- Avoid talking or causing a disruption
- Observe silence in the room
- Use water breaks for restroom time to avoid interruption

AFTER CLASS

- Clean any used props
- Wipe around your mat
- If you need to leave early, position your mat close to the door and let the instructor know before class starts
- Thank your instructor

Namaste