



Juniper Swim & Fitness Center

Fitness Schedule

May 1 - June 4

Please be aware of the the following Class Size Limits: TRX Circuit: (18), F.I.T, TB Strength & Core & Core Strength Cardio Challenge (34), Cycle (24), Fitness Center Circuit (28). **Sign-up available 30 minutes before class time***

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------|---|---|---|---|---|--|---|
| 25m Indoor Pool | 6:10-7:00 AM Deep/Shallow | | 6:10-7:00 AM Deep/Shallow | | 6:10-7:00 AM Deep/Shallow | | |
| 25m Indoor Pool | 7:15-8:05 AM Deep/Shallow | | 7:15-8:05 AM Deep/Shallow | | 7:15-8:05 AM Deep/Shallow | | |
| 25m Indoor Pool | | 8:30-9:20 AM Deep/Shallow Toning | | 8:30-9:20 AM Deep/Shallow Toning | | 8:10-9:00 AM Deep/Shallow | |
| 25m Indoor Pool | | 9:30-10:20 AM Water Wellbeing/MS | | 9:30-10:20 AM Water Wellbeing/MS | | 9:10-10:00 AM Deep Water Workout | |
| 25m Indoor Pool | 10:30-11:20 AM Deep/Shallow | | 10:30-11:20 AM Deep/Shallow | | 10:30-11:20 AM Deep/Shallow | | |
| Olympic Pool | | 1:30-2:20 PM Deep Water Running | | 1:30-2:20 PM Deep Water Running | | | |
| 25m Indoor Pool | 5:30-6:20 PM Deep Water Workout | | | | | | |
| Group Ex Studio | 5:45-6:45 AM F.I.T | | 5:45-6:45 AM F.I.T | | 5:45-6:45 AM TB Strength & Core | | |
| Cycle Studio | | 5:45-6:45 AM Cycle | | 5:45-6:45 AM Cycle | | | |
| Cycle Studio | 7:45-8:45 AM Cycle | 8:15-9:15 AM Cycle | |
| Mind Body Studio | 8:00-9:00 AM Pilates Mat | | 8:00-9:00 AM Pilates Mat | | | 8:15-9:15 AM Vinyasa All Lvl | 8:15-9:15 AM Vinyasa All Lvl |
| Group Ex Studio | 8:15-8:45 AM TB Strength & Core Express | | |
| Group Ex Studio | * 9:05-10:05 AM F.I.T. | | * 9:05-10:05 AM F.I.T. | | * 9:05-10:05 AM Core/Strength/ Cardio Challenge | * 9:00-10:00 AM TB Strength & Core | 9:00-10:00 AM Core/Strength/ Cardio Challenge |
| Mind Body Studio | 9:15-10:15 AM Vinyasa 2/3 | 9:15-10:15 AM Vinyasa All Lvl | 9:15-10:15 AM Vinyasa 2/3 | 9:15-10:15 AM Vinyasa All Lvl | 9:15-10:15 AM Vinyasa 2/3 | 9:45-10:55 AM Restorative Yoga | 9:45-10:55 AM Restorative Yoga |
| Cycle Studio | * 9:15-10:15 AM Cycle | * 9:45-10:45 AM Cycle | |
| Pilates Studio | 9:05-10:05 AM Beginning Barre | 9:05-10:05 AM Barre | 9:05-10:05 AM Barre | 9:05-10:05 AM Barre | 9:05-10:05 AM Barre | | |
| Key | Water | Cardio | Strength | Mind Body | Cycle | New class | Time Change |

**Class Size Limits: TRX Circuit: (18), F.I.T, TB Strength & Core & Core Strength Cardio Challenge (34),
Cycle (24), Fitness Center Circuit (28) * Sign-up available 30 minutes before class time***

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------|--|--|---|--|-------------------------------------|--|--|
| Fitness Center | * 10:30-11:30 AM Fitness Center Circuit | | * 10:30-11:30 AM Fitness Center Circuit | | | | |
| Mind Body Studio | 10:30 -11:30 AM Restorative Flow | 10:30 -11:30 AM Restorative Flow | 10:30 -11:30 AM Restorative Flow | 10:30 -11:30 AM Restorative Flow | 10:30 -11:30 AM Restorative Flow | | |
| Group Ex Studio | | 10:30-11:30 AM Bliss Dance | | 10:30-11:30 AM Bliss Dance | 10:30-11:30 AM Bliss Dance | | |
| Pilates Studio | | 10:30-11:30 AM Baby & Me Yoga Fitness Fusion | | 10:30-11:15 AM Kiddos & Me Strength & Core | | | |
| Group Ex Studio | * 11:00-12:00 PM TRX | | * 11:00-12:00 PM TRX | | | | |
| Mind Body Studio | 12:00-1:00 PM Gentle Flow | 12:00-1:00 PM Vinyasa All Lvl | 12:00-1:00 PM Gentle Flow | 12:00-1:00 PM Vinyasa All Lvl | 12:00-1:00 PM Gentle Flow | | |
| Mind Body Studio | 1:15-2:15 PM Restorative Yoga | 1:15-2:15 PM Restorative Yoga | 1:15-2:15 PM Restorative Yoga | 1:15-2:15 PM Restorative Yoga | 1:15-2:15 PM Restorative Yoga | | |
| Pilates Studio | | 4:15-5:15 PM Pilates Fusion | | 4:15-5:15 PM Pilates Fusion | | | |
| Mind Body Studio | 4:30-5:30 PM Vinyasa 2/3 | 4:30-5:30 PM Gentle Flow | 4:30-5:45 PM Vinyasa All Lvl w/Soundbath | 4:30-5:30 PM Gentle Flow | | | 4:30-5:30 PM Yin Yoga |
| Cycle Studio | | 5:30-6:30 PM Cycle | | | | | |
| Group Ex Studio | * 5:30-6:30 PM TB Strength & Core | 5:30-6:30 PM Bliss Hip Hop | * 5:30-6:30 PM TB Strength & Core | * 5:30-6:30 PM TB Strength & Core | | | |
| Pilates Studio | | 5:30-6:30 PM Vinyasa All Lvl | | 5:30-6:30 PM Vinyasa All Lvl | | | |
| Mind Body Studio | 5:45-6:45 PM Restorative Flow | 5:45-6:45 PM Prenatal Yoga | 6:00 - 7:15 PM GentleYoga4 Mindfulness w/Soundbath | 5:45-6:45 PM Prenatal Yoga | | | |
| Group Ex Studio | 6:45-7:45 PM Zumba in Spanish | | 6:45-7:45 PM Zumba in Spanish | | | | |
| Key | Water | Cardio | Strength | Mind Body | Cycle |  New class |  Time Change |

SCAN QR Code for
Full Group Exercise
Schedule including
instructor details.

