



Juniper Swim & Fitness Center



Fitness Schedule

April 1 - 30

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 (20). **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	7:45-8:45 AM Cycle	7:45-8:45 AM Cycle	7:45-8:45 AM Cycle	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	8:15-8:45 AM TB Strength & Core Express	8:15-8:45 AM TB Strength & Core Express	8:15-8:45 AM TB Strength & Core Express	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	* 9:15-10:15 AM Cycle	* 9:15-10:15 AM Cycle	* 9:15-10:15 AM Cycle	* 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 (26) * 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	11:45-12:15 PM TB Strength & Core Express	* 11:00-12:00 PM TRX	11:45-12:15 PM TB Strength & Core Express			
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		
Cycle Studio		12:30-1:00 PM HIIT Cycle		12:30-1:00 PM HIIT Cycle			
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				4:30-5:00 PM HIIT Cycle Last class 4/9			
Cycle Studio		5:30-6:30 PM Cycle		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.

