



Juniper Swim & Fitness Center

Fitness Schedule

November 1-30

Please note the following Class Maximums: Cycle (24), TRX Circuit (18). Signup for TRX available 30 minutes before class time. No sign up for cycle at this time.

	MON	TUES	WED	THURS	FRI	SAT	SUN
25m Indoor Pool	6:10-7:00 AM Deep/Shallow Jane		6:10-7:00 AM Deep/Shallow Christy		6:10-7:00 AM Deep/Shallow Whitney		
25m Indoor Pool	7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		
25m Indoor Pool		8:30-9:20 AM Deep/Shallow Toning Molly		8:30-9:20 AM Deep/Shallow Toning - Whitney		8:10-9:00 AM Deep/Shallow Paul	
25m Indoor Pool		9:30-10:20 AM Mobility MS Whitney		9:30-10:20 AM Mobility MS Whitney		9:10-10:00 AM Deep/Shallow Paul	
25m Indoor Pool	10:30-11:20 AM Deep/Shallow Jane F		10:30-11:20 AM Deep/Shallow Carolyn Cr		10:30-11:20 AM Deep/Shallow Kim Z		
25m Indoor Pool			12:30-1:20 PM Pre/Postnatal Workout - Molly				
Olympic Pool	1:30-2:20 PM Tethered Running Carolyn Cr	1:30-2:20 PM Deep Workout Jess	1:30-2:20 PM Tethered Running Kevin	1:30-2:20 PM Deep Workout Maureen	1:30-2:20 PM Deep Water Workout Rae		
25m Indoor Pool	5:30-6:20 PM Deep Workout Paul		5:30-6:20 PM Deep Workout Maureen				
Group Ex Studio	5:45 - 6:45 AM F.I.T. - Nicole F		5:45 - 6:45 AM F.I.T. - Nicole F		5:45-6:45 AM TB Strength & Core Nicole F		
Cycle Studio		5:45-6:45 AM Cycle - Eris		5:45-6:45 AM Cycle - Eris			
Cycle Studio	8:00-8:50 AM Cycle Jen		8:00-8:50 AM Cycle Michelle S	8:00-9:00 AM Cycle/Strength & Core Michelle S	8:00-8:50 AM Cycle Monica	8:10-9:10 AM Cycle Tina	
Pilates Studio			8:00-9:00 AM Gentle Yoga for Mindfulness - Erin				
Mind Body Studio		8:00-9:00 AM Gentle Yoga for Mindfulness - Abby		8:00-9:00 AM Gentle Yoga for Mindfulness - Abby			
Mind Body Studio	8:00-9:00 AM Pilates Mat Judi		8:00-9:00 AM Pilates Mat Susie			8:10-9:10 AM Vinyasa All Lvl's Carolyn Ca	8:15-9:15 AM Restorative Trisha
Group Ex Studio		8:30-9:00 AM TB Strength & Core Exp. Michelle E					
Group Ex Studio	9:05-10:05 AM F.I.T. Kim	9:05-10:05 AM Cardio Hiit Cond. Nicole F	9:05-10:05 AM F.I.T. Monica	9:15-10:15 AM Turbo Kick Live! Michelle S	9:05-10:05 AM F.I.T. Michelle E	9:00-10:00 AM TB Strength/Core Staff Rotate	9:00-10:00 AM F.I.T. Staff Rotate
Key	Water	Cardio	Strength	Mind Body	Cycle	New class or Format Change	Class Time Change

	MON	TUES	WED	THURS	FRI	SAT	SUN
Mind Body Studio	9:15-10:15 AM Vinyasa Lvl 2/3 Barb	9:15-10:15 AM Vinyasa All Lvl's Barb	9:15-10:15 AM Super Stretch Be	9:15-10:15 AM Vinyasa All Lvl's Susan F	9:15-10:15 AM Vinyasa Lvl 2/3 Barb		9:30-10:30 AM Vinyasa All Lvl's Trisha
Cycle Studio	9:15-10:15 AM Cycle - Nicole F	9:15-10:15 AM Cycle - Michelle E	9:15-10:15 AM Cycle - Susie	9:15-10:15 AM Cycle - April	9:15-10:15 AM Cycle - Kim D		
Pilates Studio	9:15-10:15 AM Barre Body Rae		9:15-10:15 AM PiYo Live! Michelle S		9:15-10:15 AM Barre Body Monica		
Cycle Studio		10:30-11:30 AM Cycle - Cherie		10:30-11:30 AM Cycle - Nicole F			
Fitness Center	10:30-11:30 AM Fitness Center Circuit - Kim		10:30-11:30 AM Fitness Center Circuit - Kim				
Pilates Studio	10:30 -11:30 AM Super Stretch - April		10:30-11:30 AM Vinyasa 2/3 - Jessica				
Mind Body Studio	10:30 -11:30 AM Restorative Flow Cinda	10:30 -11:30 AM Yoga Fundamentals Jessica	10:30 -11:30 AM Restorative Flow Kelly	10:30 -11:30 AM Yoga Fundamentals Becky	10:30 -11:30 AM Restorative Flow - Jane D	10:30-11:30 AM Restorative Nicole W	
Group Ex Studio		10:30-11:30 AM Bliss Dance - Emily		10:30-11:30 AM Bliss Dance - Kelli	10:30-11:30 AM TRX - Kaye		
Mind Body Studio							11:00 -12:00 PM Super Stretch - Be
Group Ex Studio	11:00-12:00 PM TRX - Nicole		11:00-12:00 PM TRX - Nicole				
Pilates Studio		12:00 - 1:00 PM Barre Body Jessica					
Mind Body Studio		11:45 -12:45 PM Baby & Me Yoga Fusion Kelly	12:00 - 1:00 PM Slow Vinyasa Flow Holly	12:00 - 1:00 PM Hatha Yoga Jes			
Cycle Studio				11:45-12:45 PM Baby & Me Cycle/Core April			
Cycle Studio	12:30-1:15 PM Express Cycle - April		12:30-1:15 PM Express Cycle - Kevin				
Mind Body Studio		1:15 -2:15 PM Restorative Yoga Jessica	1:15 -2:15 PM Restorative Yoga Holly	1:15 -2:15 PM Restorative Yoga Jes			
Pilates Studio		4:15-5:15 PM Pilates Fusion Susie	4:30-5:30 PM Pilates Mat Susie	4:30-5:30 PM Pilates Mat Judi			
Group Ex Studio	4:20 - 5:20 PM F.I.T. - Challey		4:20 - 5:20 PM F.I.T. - Challey				
Mind Body Studio	4:30-5:30 PM Vinyasa All Lvl's Anna	4:30-5:30 PM Restorative Flow Kelly	4:30-5:30 PM Vinyasa All Lvl's Lynda				4:30-5:30 PM Yin Yoga Erin
Cycle Studio	5:30-6:30 PM Cycle Staff	5:30-6:30 PM Cycle Susie	5:30-6:30 PM Cycle Staff				
Group Ex Studio	5:30-6:30 PM TB Strength & Core Julie	5:30-6:30 PM Bliss Hip Hop Missy/Kelli	5:30-6:30 PM TB Strength & Core Julie	5:30-6:30 PM Zumba Strength & Tone - Challey			
Pilates Studio		5:30-6:30 PM Vinyasa All Lvl's Sara		5:45-6:45 PM Barre Body Rae			
Mind Body Studio	5:45-6:45 PM Restorative Flow Anna	5:45-6:45 PM Prenatal Yoga Kelly	5:45-6:45 PM Restorative Flow Lynda	5:30-6:30 PM Vinyasa All Lvl's Trisha			
Group Ex Studio	6:45 - 7:45 PM Zumba en Español Perla		6:45 - 7:45 PM Zumba en Español Perla				Effective November 1, 2023
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