



JAC Group Fitness Schedule 1/5/26 – 5/24/26

Stay up to date with any class changes on the JAC App

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
5:30 a.m.		Power Pump Mandy	Step Up Cardio Mandy	Power Pump Mandy			
6:30 a.m.					Yoga Anne		
7:30 a.m.	Cardio Pump Tamara		Cardio Pump for Beginners Tamara				
8:00 a.m.						Step Up Cardio Tamara	Power Pump Gary
8:30 a.m.		Power Pump Tamara	Cardio Kick and Core Tamara	Power Pump Ashley	Step Up Cardio Tamara		
8:30 a.m. Pool	Aquatic Fitness Paige		Aquatic Fitness Vicki		Aquatic Fitness Amy		
9:00 a.m.						Power Pump Caroline	Zumba Jennifer
9:30 a.m.	Strong Ashley	Step Up Cardio Beginners Tamara	Zumba Kim	Core 30 Hunter	Zumba Ashley		
10:00 a.m.				Power Pump 30 Hunter		Zumba Jessica/Kailey	Yoga Stretch Christy/Brett
10:30 a.m.	SilverSneakers® Classic Gary	SilverSneakers® Yoga/Stretch Tamara	SilverSneakers® Classic Ashley	SilverSneakers® Yoga/Stretch Ashley	SilverSneakers® Classic Tamara		
11:00 a.m.						Yoga Anne	
11:30 a.m.				Zumba Gold Ashley			
5:00 p.m. Pool	Aquatic Boot Camp Penny		Aquatic Boot Camp Penny				
5:00 p.m.	Power Pump Nolan	Step 30 Abby	Strong Laura	Balance, Core & Strength Katrina	Strong Laura		
5:30 p.m.		Core 30 Abby					
6:00 p.m.	Zumba Plus Jessica	Power Pump Penny	Cardio Kick and Strength Chelsea	Power Pump Penny			
7:00 p.m.	Yoga for Beginners Mary	Zumba Jennifer	Power Yoga Anne	Zumba Kailey			