

group fitness schedule (jan 2 - may 26)

SUNDAY

8 AM (90 minutes)
Masters Swim
Mark

8:15 AM
Cardio Fit
Janet/Katherine

9:30 AM
Yoga
Lora

9:45 AM
Indoor Ride
Mimi/Remy

10:45 AM
BODYPUMP™
Liz

Hourly Child Care Hours

MON - THUR
8:30 AM - 1 PM &
4 - 7 PM

FRI 8:30 AM - 1 PM

SAT 8:30 - 11 AM

SUN 8 AM - 12 PM

Maximum stay of 2
hours per visit with
the exception of
reservation days.

MONDAY

6 AM
BODYPUMP™
Liz

9 AM
Indoor Ride
Mimi

9 AM
Step
Victoria

10 AM
Aquafit
Leeaine

10:10 AM
BODYPUMP™
Jamie

12:30 PM
BODYPUMP™
Aysia

5:15 PM (45 minutes)
Chisel
Alexandra

6:10 PM
WERQ™
Julie

7:10 PM
Mat Pilates
Cindy

7:15 PM (75 minutes)
Yoga
Chloe
Dance Floor

TUESDAY

6 AM
Masters Swim
Mark

9 AM
BODYCOMBAT™
Halleh

9 AM
Indoor Ride
Janet

10:05 AM
Burn Tone
Janet

11:05 AM
Yoga
Kandice

12:05 PM
Ballet Barre
Debra

5:15 PM (45 minutes)
Cardio Fit
Liza

6:10 PM
Yoga
Lora - Dance Floor

6:10 PM
High Fit
Hadley/Jessica

7:20 PM
BODYPUMP™
Liz

WEDNESDAY

6 AM
Indoor Ride
Katie

9 AM
Indoor Ride
Anna

9 AM
WERQ™
Shannon/Gaby

10 AM
Aquafit
Leeaine

10:10 AM
BODYPUMP™
Jamie

11:15 AM
Yoga
Sandra

12:30 PM
BODYPUMP™
Liz/Aysia

5:15 PM (45 minutes)
Chisel
Alexandra

6:10 PM
WERQ™
Julie

6:15 PM
Indoor Ride
Amber

THURSDAY

6 AM
Masters Swim
Mark

9 AM
BODYCOMBAT™
Halleh

9 AM
Indoor Ride
Anna

10:05 AM
Burn Tone
Jordan

11:05 AM
Yoga
Kandice

12:05 PM
Ballet Barre
Staff

1:20 PM
**Low Impact
Fitness**
Joy

4 PM
Pilates Mat
Candace

5:15 PM (45 minutes)
Cardio Fit
Jordan

6:10 PM
Yoga
Anna

7:20 PM
BODYPUMP™
Aysia

FRIDAY

6 AM
BODYPUMP™
Liz

6:15 AM
Indoor Ride
Katie

7:15 AM
Power Yoga
Annie

9 AM
Indoor Ride
Mimi

9 AM
WERQ™
Shannon/Gaby

10 AM
Aquafit
Leeaine

10:10 AM
BODYPUMP™
Aysia

11:15 AM
Yoga
Anna

12:30 PM
BODYPUMP™
Suzette

SATURDAY

8:10 AM
High Fit
Hadley/Jessica

8:30 AM
Indoor Ride
Anna

9:15 AM
Chisel
Alexandra

9:45 AM
Yoga
Anna
Dance Floor

10:30 AM
BODYPUMP™
Aysia

*Classes, Locations,
and instructors
subject
to change

*Holidays have
special schedules

Schedules also
available online and
on the Wagner JCC
mobile app



801.581.0098

Questions?

Contact Shannon at
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or Gaby at
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www.slcjcc.org

group fitness class descriptions

AquaFit – Cardiovascular fitness, core strength, and muscle tone taken to the water! FIT focuses on endurance and cardiovascular output, for all levels.

Ballet Barre – Low impact strengthening inspired by ballet technique. Tones legs, glutes and core.

Bosu/Reps – A total body sculpting class. You'll strengthen and tone using the Bosu and a combination of weights. This class will challenge you and help you achieve your fitness goals.

Burn Tone – We will kick off class by raising your heart rate, jump starting your metabolism, and heating your muscles. Then get ready to use props to work your accessory muscles: benches, bosus, glides, bands and light weights.

Cardio Fit – No choreography, just intense agility, speed and strengthening drills. Guaranteed to improve cardiovascular endurance, athletic performance and muscle tone.

Chisel – Work smarter and harder in this multi-modal weight training class to carve out your ideal physique. Heavy emphasis on technique, form, balance, core and stretching.

HIGH Fitness– HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its

carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

Indoor Ride – Indoor ride is a cardio workout done on a stationary bike. Each instructor has a unique style that will motivate you to sprint faster or climb steeper.

Low Impact Fitness – This modified cardiovascular and strength based format is for the active older adult, injured rehab participant, mom-to-be and more.

Masters Swim – Swim stroke development with a coach on deck for the recreational swimmer or competitive triathlete. This is a powerful environment for fast results.

Power Yoga – Power Yoga is an intense workout that will make you sweat. A traditional Ashtanga practice follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa. Power Yoga classes move with an even faster rhythm.

Step – Combine step choreography with power-based moves. This challenging workout will push your body to the limit!

Strength Fit – A perfect complement for CardioFit, is the class for you if you are looking to build and/or tone your body. Although only 45 minutes, you will find it is plenty long enough to work up a sweat and have an effective work out!

WERQ™ – A fiercely fun dance fitness class based on pop, rock, and hip hop music. It is the best dance party in town.

Yoga – A class based on the Primary Ashtanga Series. Challenging, for Intermediate and Experienced people.

LES MILLS® CLASSES

BODYPUMP™ – This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.

BODYCOMBAT™ – This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.



JCC Closed:
April 20, 2019