




# Juniper Swim & Fitness Center

## Fitness Schedule

### June 17th - September 1st

	MON	TUES	WED	THURS	FRI	SAT	SUN
25m Indoor Pool	6:10-7:00 AM Deep/Shallow Jane F		6:10-7:00 AM Deep/Shallow Christy		6:10-7:00 AM Deep/Shallow Kim Z		
25m Indoor Pool	! 7:10-8:00 AM Deep/Shallow Marty		! 7:10-8:00 AM Deep/Shallow Marty		! 7:10-8:00 AM Deep/Shallow Marty		
25m Indoor Pool						8:10-9:00 AM Deep/Shallow Paul	
25m Indoor Pool						9:10-10:00 AM Deep/Shallow Paul	
25m Indoor Pool	! 10:35-11:25 AM Deep/Shallow Water Workout - Rae	★ 10:35-11:25 AM Deep/Shallow Toning Molly	! 10:35-11:25 AM Deep/Shallow Water Workout - Michelle S	★ 10:35-11:25 AM Deep/Shallow Toning Whitney	! 10:35-11:25 AM Deep/Shallow Water Workout - Kim Z		
Olympic Pool	1:30-2:20 PM Tethered Running Jess	1:30-2:20 PM Deep Workout Whitney	1:30-2:20 PM Tethered Running Kevin	★ 1:30-2:20 PM Deep Workout Monica	★ 1:30-2:20 PM Deep Workout Rae		
25m Indoor Pool	5:30-6:20 PM Deep Workout Paul		5:30-6:20 PM Deep Workout Challey		★ 4:15-5:15 PM Pre/Postnatal Workout Molly		
Olympic Pool		★ 5:30-6:20 PM Deep Water Workout Jen - <b>Beg. 6/25</b>		★ 5:30-6:20 PM Deep Water Workout Challey - <b>Beg. 6/27</b>			
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	7:45-8:45 AM Cycle Rachel		8:00-9:00 AM Cycle Michelle S	8:00-9:00 AM Cycle Michelle S	7:45-8:45 AM Cycle Monica	8:10-9:10 AM Cycle Tina	
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 Yoga 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 D	★ 9:05-10:05 AM F.I.T. Tami	★ 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 Michelle E	9:00-10:00 AM F.I.T. Staff Rotation
Pilates Studio	★ 9:05-10:05 AM Barre Rae <b>Beginning 7/1</b>				★ 9:05-10:05 AM Barre Monica <b>Beginning 7/5</b>		
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 Staff	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 Restorative Yoga Carolyn Ca	9:30-10:30 AM Vinyasa All Lvl's Trisha
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	<b>Cycle</b>	★ <b>New class or Format Change</b>	<b>! Class Time Change</b>

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
Cycle Studio	9:15-10:15 AM Cycle April	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 PiYo Live! Michelle S				
Fitness Center	10:30-11:30 AM Fitness Center Circuit - Kim D		10:30-11:30 AM Fitness Center Circuit - Kim D				
Pilates Studio			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 Restorative Flow Barb	10:30 -11:30 AM Restorative Flow Kelly	10:30 -11:30 AM Restorative Flow April	10:30 -11:30 AM Restorative Flow - Jane D		
Group Ex Studio		10:30-11:30 AM Bliss Dance Tami		10:30-11:30 AM Bliss Dance Kelli			
Mind Body Studio							11:00-12:00 PM Super Stretch - Be
Group Ex Studio	11:00-12:00 PM TRX - Jess		11:00-12:00 PM TRX - Tami				
Pilates Studio		! 10:30-11:30 AM Baby & Me Yoga Fusion - Kelly					
Mind Body Studio			12:00-1:00 PM Slow Vinyasa Flow Catherina	12:00-1:00 PM Vinyasa All Lvl's Jes			
Mind Body Studio	1:15-2:15 PM Restorative Yoga Nicole W	1:15-2:15 PM Restorative Yoga Abby	1:15-2:15 PM Restorative Yoga Catherina	1:15-2:15 PM Restorative Yoga Jes	1:15-2:15 PM Restorative Yoga Trisha		
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						
Mind Body Studio	4:30-5:30 PM Vinyasa 2/3 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 Susie					
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				
Pilates Studio		5:30-6:30 PM Vinyasa All Lvl's Sara		5:45-6:45 PM Barre 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 Janessa	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 June 17, 2024
<b>Key</b>	<b>Water</b>	<b>Cardio</b>	<b>Strength</b>	<b>Mind Body</b>	<b>Cycle</b>	 <b>New class or Format Change</b>	<b>! Class Time Change</b>