

Revised: 11/24/09

JUPITER FITNESS CENTER CLASS SCHEDULE

MONDAY			TUESDAY			WEDNESDAY		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
6:00 - 7:00 am	PBC Boot Camp (\$)	Jared/Kelly	6:00 - 7:00 am	PBC Boot Camp (\$)	Jared/Kelly	6:00 - 7:00 am	PBC Boot Camp (\$)	Jared/Kelly
9:00 - 10:00 am	Box Your Booty Off	Robin	8:15 - 9:15 am	Super Fit Body	Jacie	8:00 - 9:00 am	Blissful Zen	Robin
9:00 - 10:00 am	A Vicious Cycle	Diane	9:30 - 10:30 am	2PHILBETTER	Phil	9:00 - 10:00 am	Perfect Body Sculpt	Diane
10:00 - 11:00 am	Deep Definition	Sandra	11:00 - 12:00 pm	SilverSneakers I	Arleda	10:00 - 10:30 am	Cardio Blast	Diane
11:00 - 12:15 pm	Vinyasa Slow Flow Yoga (\$)	Holly	2:00 - 3:00 pm	SilverSneakers Yoga Stretch	Lucky	9:15 - 10:15 am	POWER CYCLE	Robin
2:00 - 3:00 pm	SilverSneakers I	Arleda	5:30 - 6:30 pm	Perfect Body Sculpt	Diane	2:00 - 3:00 pm	SilverSneakers I	Arleda
5:00 - 6:00 pm	Glow Krazy (\$)	Jared	6:30 - 7:30 pm	Turbo Kick	Ashley	5:00 - 6:00 pm	Glow Krazy (\$)	Jared
6:00 - 7:00 pm	Diane's Power Circuit	Diane	7:30 - 8:30 pm	Hip Hop Hustle	Ashley	6:00 - 7:00 pm	60 Minute RUSH	Chris
5:30 - 6:30 pm	Outrageous Hot Cycle	Chris				6:00 - 7:00 pm	A Vicious Cycle	Diane
THURSDAY			FRIDAY			SATURDAY		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
6:00 - 7:00 am	PBC Boot Camp (\$)	Jared/Kelly	6:00 - 7:00 am	PBC Boot Camp (\$)	Jared/Kelly	8:30 - 9:30 am	Smokin Hot Iron Bodies	Robin
8:30 - 9:30 am	Power Yoga/Lates	Robin	8:00 - 9:00 am	STEP	Jacie	9:30 - 10:30 am	Diane's Power Circuit	Diane
9:30 - 10:30 am	2PHILBETTER AGAIN	Phil	9:00 - 10:00 am	Deep Definition	Sandra	9:30 - 10:30 am	POWER CYCLE	Robin
11:00 - 12:00 pm	SilverSneakers II	Lucky	9:00 - 10:00 am	A Vicious Cycle	Diane	10:30 - 11:30 am	Mat Pilates (\$)	Studio Staff
5:30 - 6:30 pm	Outrageous Hot Cycle	Chris	10:00 - 11:15 pm	Vinyasa Mix Yoga (\$)	Holly	SUNDAY		
6:30 - 7:30 pm	Turbo Kick	Ashley	12:15 - 1:15 pm	SilverSneakers II	Lucky	Time	Class	Instructor
7:30 - 8:30 pm	Hip Hop Hustle	Ashley				9:00 - 10:00 am	Outrageous Hot Cycle	Chris
						10:00 - 11:15 am	Vinyasa Strong Flow Yoga (\$)	Holly

Hours of Operation: Monday - Thursday 5:00am - 11:00 pm
 Friday 5:00 am - 9:00 pm
 Saturday 7:30 am - 7:30 pm
 Sunday 7:30 am - 6:30 pm
ChildCare Hours: Monday - Friday 8:00 am - 12:00 noon
RE-OPENS 3:30 pm - 7:30 pm
 Saturday 8:30 am - 12:00 noon
 Sunday 9:00 am - 11:00 am

Instructors: Jacie Barnes, Arleda Brown, Chris Daly, Luckie Jacobson, Sandra Sorge, Robin Thibault, Phil Williams, Holly Briscoe, Diane Bonardi and Jared Lopez

NOTE: (\$) Mat Pilates & Reformer classes available in Pilates room
 Schedule Available in Pilates room or contact Carianne

NOTE: (\$) Please see the listed instructor for payment information
 and/or inquire at the Front Desk

NOTE: (\$) PBC Boot Camp w/ Jared

NOTE: (\$) Glow Krazy - \$5.00 pay for your glow sticks

NOTE: (\$) Vinyasa Yoga Classes w/ Holly
 \$5.00 for JFC members / \$10.00 for non-members

NOTE: (\$) Mat Pilates w/ Core Concepts Studio Staff
 \$5.00 for JFC members / \$9.00 for non-members
First Class Free

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