



MAY. – JUL.

FITNESS & WELLNESS SCHEDULE AQUATICS, GROUP EXERCISE, AND YOGA

MONDAY	TIME	CLASS	STUDIO	INSTRUCTOR
	6:00 am	Proprio Training	GX	James
	6:45 am	Hatha Yoga	YS	Robin
	7:00 am	Total Body Conditioning	GX	Geoff
	8:00 am	Mat Pilates	YS	Carolyne
	8:30 am	Power Sculpt	GX	Lindsay
	9:00 am	Ballet Barre	YS	Suzanne
	9:00 am	Shallow Water Cardio Aqua Fit	IP	Sue
	9:00 am	Group Cycling	SS	Geoff
	10:00 am	Yoga	YS	Dana
	10:00 am	Zumba	GX	Gabrielle
	11:00 am	Interval Cardio Sculpt	GX	Judy
11:00 am	Align & Flow Yoga (75 min.)	YS	Jenny	
11:00 am	Deep Water Aqua Fit	IP	David	
12:00 pm	Low Impact Aqua	IP	David	
12:30 pm	Circuit Express (30 min.)	SG	Lance	
5:30 pm	Yoga Sculpt	YS	Hillary	
5:30 pm	Proprio Training	GX	James	
7:30 pm	Women's Aqua Fit	IP	Connie	

TUESDAY	TIME	CLASS	STUDIO	INSTRUCTOR
	6:00 am	Bootcamp	GX/Gym	Chris S.
	6:00 am	Group Cycling	SS	Lisa S.
	7:00 am	Gentle Yoga	YS	Laura
	8:30 am	Athletic Fusion Dance	GX	Carolyne
	9:00 am	Aqua Zumba	IP	Eileen
	9:15 am	Yoga Flow	YS	Dorian
	9:30 am	Step	GX	Cathy
	9:30 am	Group Cycling	SS	Jodi
	10:30 am	Sculpt Xpress (45 min.)	GX	Cathy
	10:30 am	Senior Strength	YS	Geoff
	11:30 am	Barre Sculpt	YS	Kenzie
12:00 pm	Low Impact Aqua	IP	Mary Grace	
5:30 pm	Deep Water Aqua Fit	IP	Bobbi	
6:00 pm	Zumba	GX	Daysi	
6:00 pm	Restorative Yoga *NEW*	YS	Elena	

WEDNESDAY	TIME	CLASS	STUDIO	INSTRUCTOR
	6:00 am	Bootcamp (45 min.)	GX	Lance
	6:30 am	Hatha Yoga	YS	Robin
	7:00 am	Total Body Conditioning	GX	Chris K.
	8:30 am	HIIT	GX	Lindsay
	9:00 am	Shallow Water Cardio Aqua Fit	IP	Sue
	9:00 am	Ballet Barre	YS	Suzanne
	9:00 am	Group Cycling	SS	Rob
	10:00 am	Restorative Yoga	YS	Leigha
	10:00 am	Hip Hop Cardio	GX	Kenzie
	11:00 am	Deep Water Aqua Fit	IP	Laurie
	11:00 am	Align & Flow Yoga (75 min.)	YS	Jenny F.
12:00 pm	Low Impact Aqua	IP	Mary Grace	
12:30 pm	Circuit Express (30 min.)	SG	Lance	
5:30 pm	Deep Water Aqua Fit	IP	Cindy	
5:45 pm	Group Cycling	SS	Ken	
6:00 pm	Mat Pilates *NEW*	YS	Eric	
6:00 pm	Interval Cardio Sculpt	GX	Chris S.	
7:00 pm	Restorative Yoga	YS	Shannon	

THURSDAY	TIME	CLASS	STUDIO	INSTRUCTOR
	6:00 am	Bootcamp	GX/Gym	Chris S.
	6:00 am	Group Cycling	SS	Lisa S.
	8:30 am	Yoga Flow	YS	Elena
	9:30 am	3, 2, 1.. Shred	GX	Lisa
	9:30 am	Group Cycling	SS	Mary
	10:30 am	Senior Strength	YS	Geoff
	12:00 pm	Low Impact Aqua	IP	Sally
	5:30 pm	Yoga Sculpt	YS	Hillary
	5:30 pm	Proprio Training	GX	James
5:30 pm	Deep Water Aqua Fit	IP	Sally	
7:00 pm	Heated Yoga	YS	Kristina	

FRIDAY	TIME	CLASS	STUDIO	INSTRUCTOR
	6:00 am	Proprio Training	GX	James
	6:00 am	Group Cycling	SS	Robin
	7:00 am	Total Body Conditioning	GX	James
	7:45 am	Hatha Yoga	YS	Robin
	8:30 am	HIIT	GX	Lindsay/Staci
	9:00 am	Ballet Barre	YS	Suzanne
	9:00 am	Shallow Water Cardio Aqua Fit	IP	Elizabeth
	9:00 am	Group Cycling	SS	Jessica
	9:30 am	Mat Pilates	GX	Carolyne
	10:00 am	Aqua Zumba	IP	Eileen
	10:00 am	Align, Breathe and Flow	YS	Suzanne
10:30 am	Zumba Gold *NEW*	GX	Brenda	
11:00 am	Deep Water Aqua Fit	IP	Sally	
11:00 am	Align & Flow Yoga (75 mins.)	YS	Jenny F.	

SATURDAY	TIME	CLASS	STUDIO	INSTRUCTOR
	8:00 am	Yoga	YS	Elena
	9:00 am	Total Body Conditioning	GX	Mia/Chris
	9:15 am	Barre Sculpt Express (45 mins.)	YS	Kenzie
	10:00 am	Zumba	GX	Daysi/Kenzie
	10:00 am	Combo Aqua Fit	IP	Sally
	10:00 am	Stretch with a Trainer	YS	Mia/Chris

SUNDAY	TIME	CLASS	STUDIO	INSTRUCTOR
	8:00 am	Yoga (75 mins.)	YS	Phil
	8:00 am	Bootcamp	GX	Chris
	9:00 am	HIIT	GX	Cathy
	9:15 am	Group Cycling (75 mins.)	SS	Rob
	10:00 am	Core Conditioning (30 mins.)	GX	Cathy
	10:30 am	Mat Pilates	GX	Cathy
	11:00 am	Deep Water Aqua Fit	IP	Sally
	11:15 am	Yoga Flow	YS	Elena
12:30 pm	Heated Yoga	YS	Elena	

STUDIOS	GX - Group Exercise Studio	PS - Pilates Studio
	SG - Small Group Studio	IP - Indoor Pool
	SS - Spin Studio	OP - Outdoor Pool
	YS - Yoga Studio	

All classes are 55 minutes unless otherwise noted.

DOWNLOAD OUR FITNESS APP! (Search JCC Denver)
Get the most up to date schedule in the palm of your hand.

NEW
TREADMILL TREKKING

May only. Take the class, earn a sun.

Monday – Friday: 8:00 – 8:30 am; 5:00 – 5:30 pm

Sundays: 10:00 – 10:30 am



Earn a Sun Win a Prize

May is Skin Cancer Awareness AND Exercise is Medicine Month. Regardless of age, we are encouraging you to participate in free programming and classes throughout the Fitness & Wellness Center which aim to increase your awareness of skin cancer and teach you how to prevent and treat chronic disease through exercise. The more you participate, the more suns you earn. The more suns you earn, the better chance you have to win one of our four grand prizes.

Request a sun and start today!

Indoor Pool Lap Swim Times

Monday – Friday: 5:00 – 7:00 am and 11:00 am – 1:00 pm

Saturday: Open all day

Sunday: 7:00 – 9:00 am and 3:00 – 7:00 pm

Closed: Monday & Wednesday 4:00 – 6:15 pm and Sundays at 9:00 – 11:15 am

BEST TIMES FOR LAP SWIM/OPEN SWIM (Outdoor)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 9:00 am 11:00 am – 1:00 pm 4:00 – 7:00 pm	5:30 – 9:00 am 11:00 am – 1:00 pm 4:00 – 7:00 pm	5:30 – 9:00 am 11:00 am – 1:00 pm 4:00 – 7:00 pm	5:30 – 9:00 am 11:00 am – 1:00 pm 4:00 – 7:00 pm	5:30 – 9:00 am 11:00 am – 1:00 pm 4:00 – 6:00 pm	7:00 am – 3:00 pm (March - April)	7:00 am – 3:00 pm (March - April)

*Lap lane use is first-come, first served. Please share!

There is at least one lane available for lap swim unless otherwise noted. Open swim is available during all pool hours unless otherwise noted. Please be respectful of classes and other swimmers.

Indoor Pool water temperature – 86° | Outdoor Pool water temperature – 80°

Fitness & Wellness Center Hours:

Monday – Thursday: 5:30 am – 10:00 pm
Friday: 5:30 am – 7:00 pm
Saturday and Sunday: 7:00 am – 7:00 pm

Indoor Pool Gender Only Swim Hours:

Women's only swim: Monday: 7:00 – 8:30 pm
Men's only swim: Thursday: 7:00 – 8:30 pm

Indoor Pool Hours:

Monday – Thursday: 5:30 am – 8:30 pm
Friday: 5:30 am – 6:30 pm
Saturday and Sunday: 7:00 am – 6:30 pm

*Closed Monday-Thursday, 4:00 pm – 6:15 pm
and Sundays, 9:00 – 11:15 am for swim lessons
and programming.*

Winter Outdoor Pool Hours:

Monday and Wednesday: 7:00 am – 7:00 pm
Tuesday and Thursday: 5:30 am – 7:00 pm
Friday: 7:00 am – 6:00 pm
Saturday and Sunday: 8:00 am – 4:00 pm

*The outdoor pool is open as long as the temperature
is over 35° F.*