

2025 GROUP FITNESS CLASS SCHEDULE

FITNESS + WELLNESS CENTER HOURS

MON-THU 5AM-9PM
FRI 5AM-6PM
SAT-SUN 6AM-6PM

REGISTRATION FOR CLASSES IS REQUIRED.
REGISTER UP TO 3 DAYS IN ADVANCE.
TO REGISTER, SCAN THE QR CODE OR VISIT
TUCSONJCC.ORG/GROUP-FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6-6:50AM CYCLING JESSICA W. CYCLING STUDIO 7-7:50AM MAT PILATES BETSY C. GROUP EXERCISE STUDIO 8-8:50AM STRENGTH + CONDITIONING ANN W. GROUP EXERCISE STUDIO 8-8:50AM CHAIR YOGA  RONA S. MIND + BODY STUDIO 8-8:40AM CYCLING BETSY C. CYCLING STUDIO 8:30-9:25AM AQUA FIT JULIE Z. POOL 9-9:50AM ZUMBA J. LYNNE P. GROUP EXERCISE STUDIO 9-9:50AM STRETCH + BALANCE TANA V. MIND + BODY STUDIO 9-9:50AM CYCLING KIM B. CYCLING STUDIO 10-10:50AM TRX ANN W. THE RIG 10-10:50AM VINYASA FLOW YOGA JADE A. GROUP EXERCISE STUDIO 10-10:50AM INTEGRATIVE BREA H + MOVEMENT STEPHANIE S. MIND + BODY STUDIO 4:30-5:20PM QIGONG ALISHA A. GROUP EXERCISE STUDIO 5:30-6:20PM YIN YOGA INTERMEDIATE ALISHA A. MIND + BODY STUDIO	6-6:50AM CYCLING EILEEN L. + SHALMALI P. CYCLING STUDIO 8-8:50AM MOBILITY + STRENGTH EMILY E. GROUP EXERCISE STUDIO 8-8:45AM TAI CHI SHUPING Z. SCULPTURE GARDEN 9-9:50AM LIFT + TONE EMILY E. GROUP EXERCISE STUDIO 9-9:50AM CYCLING BETSY C. CYCLING STUDIO 10-10:30AM AQUA FIT AUBREY M. POOL 10-10:50AM VINYASA FLOW YOGA RONA S. MIND + BODY STUDIO 10-10:50AM BODY BALANCE JULIA C. GROUP EXERCISE STUDIO 10-10:50AM TRX ANN W. THE RIG 11-11:50AM SILVER SNEAKERS  MARY B. GROUP EXERCISE STUDIO 12-12:50PM BODY PUMP VIRTUAL (VIDEO) GROUP EXERCISE STUDIO 5:15-6:05PM MAT PILATES KIM B. GROUP EXERCISE STUDIO	6-6:50AM CYCLING JESSICA W. CYCLING STUDIO 7-7:50AM MAT PILATES BETSY C. GROUP EXERCISE STUDIO 8:30-9:25AM AQUA FIT ANN W. POOL 8-8:50AM STRENGTH + CONDITIONING JAMIE H. GROUP EXERCISE STUDIO 8-8:40AM CYCLING BETSY C. CYCLING STUDIO 9-9:50AM KICK FIT DANIELLE A. GROUP EXERCISE STUDIO 9-9:50AM CYCLING RHINA C. CYCLING STUDIO 10-10:50AM ZUMBA GOLD  SASHA A. GROUP EXERCISE STUDIO 10-10:50AM BARRE RONA S. MIND + BODY STUDIO 10-10:50AM TRX ANN W. THE RIG 11-11:50AM FUNDAMENTAL IN VINYASA JADE A. GROUP EXERCISE STUDIO 3-3:50PM RESTORATIVE YOGA PAMELA A. GROUP EXERCISE STUDIO 4:30-5:20PM QIGONG ALISHA A. GROUP EXERCISE STUDIO 5:30-6:25PM VINYASA FLOW YOGA JADE A. GROUP EXERCISE STUDIO	6-6:50AM CYCLING LAURA S. CYCLING STUDIO 8-8:45AM TAI CHI SHUPING Z. SCULPTURE GARDEN 8-8:50AM SLOW FLOW YOGA BETH S. MIND + BODY STUDIO 8-8:40AM CORE + RESTORE EMILY E. GROUP EXERCISE STUDIO 8:30-9:25AM AQUA FIT CHRISTY E. POOL 8:50-9:20AM TRX EMILY E. THE RIG 8:50-9:50AM BODY PUMP JULIA C. GROUP EXERCISE STUDIO 9-9:50AM INTEGRATIVE BREATH + MOVEMENT STEPHANIE S. MIND + BODY STUDIO 10-10:50AM BODY BALANCE KIM B. GROUP EXERCISE STUDIO 11-11:50AM YOGA SHALMALI P. GROUP EXERCISE STUDIO 12-12:50PM SILVER SNEAKERS  DANIELLE A. GROUP EXERCISE STUDIO

UPDATED AS OF OCT 2025



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FRIDAY

7-7:50AM | MAT PILATES
BETSY C. | GROUP EXERCISE STUDIO

8-8:50AM | STRENGTH + CONDITIONING
DEANNA R. | GROUP EXERCISE STUDIO

8-8:50AM | BODY COMBAT
VALERIE A. | MIND + BODY STUDIO

9-9:50AM | ZUMBA
J. LYNNE P. | GROUP EXERCISE STUDIO

9-9:40AM | STRETCH + BALANCE
DEANNA R. | MIND + BODY STUDIO

9-9:50AM | CYCLING
EVA K. | CYCLING STUDIO

10-10:50AM | SLOW FLOW YOGA
BETH S. | GROUP EXERCISE STUDIO

10-10:50AM | TRX
EMILY E. | THE RIG

10-10:50AM | BARRE
RONA S. | MIND + BODY STUDIO

12-12:50PM | SILVER SNEAKERS 
DANIELLE A. | GROUP EXERCISE STUDIO

3-3:50PM | RESTORATIVE YOGA
PAMELA A. | MIND + BODY STUDIO

SATURDAY

8-8:50AM | YOGA
TANA V. | MIND + BODY STUDIO

8-8:50AM | CYCLING
EILEEN L. + SHALMALI P. | CYCLING STUDIO

10-10:50AM | BARRE
JULIA C. | MIND + BODY STUDIO

10-10-11AM | ZUMBA
DEANNA R. | GROUP EXERCISE STUDIO

11:05AM-12PM | STRENGTH + CONDITIONING
DEANNA R. | GROUP EXERCISE STUDIO

SUNDAY

7:30-8:20AM | CYCLING
SHALMALI P. | CYCLING STUDIO

8:35-9:25AM | AQUA FIT
ELAINE G. | POOL

10-10:50AM | BODY BALANCE
KIM B. | GROUP EXERCISE STUDIO



Did you know the Tucson J is a Dementia-Friendly Community? Currently, all individuals, including those living with dementia, are welcome to participate in any of our group fitness classes, but we've designated some dementia-friendly classes that are particularly suited for those with dementia. Classes with a sunflower icon next to them are open to everyone, but are taught by instructors who have received increased training to better support participants with dementia, ensuring that everyone feels comfortable, included, and empowered to enjoy movement.

If you have any questions or concerns, please contact Director of Healthy Aging, Linda Travis, at ltravis@tucsonjcc.org.

For more information about our Healthy Aging programs, tips on how to engage with those living with Dementia, and more, scan the QR code or visit bit.ly/tucsonjhealthyaging

