2026 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 ADNVACE.
TO REGISTER, SCAN THE QR CODE OR VISIT
TUCSONJCC.ORG/GROUP-FITNESS

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

11-11:50AM | CORE + RESTORE
EMILY E. | GROUP EXERCISE 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
RITA + RAJNI P. | MIND + BODY STUDIO

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

9-9:50AM | BARRE
ANN W. | MIND + BODY STUDIO

10-10:50AM | TRX
ANN W. | THE RIG

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

8:30-9:25AM | 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

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MONDAY

6-6:50AM | CYCLING
JESSICA W. | CYCLING STUDIO

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

8-8:50AM | STRENGTH + CONDITIONING
DEANNA R. | 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
RONA S. | MIND + BODY STUDIO

9-9:50AM | CYCLING
ROBIN Q. | CYCLING STUDIO

10-10:50AM | VINYASA FLOW YOGA
JADE A. | GROUP EXERCISE STUDIO

10-10:50AM | INTEGRATIVE BREATH + MOVEMENT
STEPHANIE S | MIND + BODY STUDIO

4-4:50PM | QIGONG
ALISHA A. | GROUP EXERCISE STUDIO

5:10-6PM | YIN YOGA
RAJNI P. | MIND + BODY STUDIO

TUESDAY

6-6:50AM | CYCLING
EILEEN L. + SHALMALI P. | CYCLING STUDIO

8-8:50AM | LIFT AND TONE
RITA L. | GROUP EXERCISE STUDIO

8:30-9:25AM | AQUA FIT
ATHENA D | POOL

9-9:50AM | MOBILITY + STRENGTH
EMILY E. | GROUP EXERCISE STUDIO

9-9:50AM | CYCLING
BETSY C. | CYCLING STUDIO

10:0-10:50AM | TRX
RITA L. | THE RIG

10-10:50AM | VINYASA FLOW YOGA
RONA S. | MIND + BODY STUDIO

10-10:50AM | BODY BALANCE
JULIA C. | GROUP EXERCISE STUDIO

11-11:50AM | SILVER SNEAKERS
MARY B. | GROUP EXERCISE STUDIO

12:10-1:10PM | BODY PUMP
HEATHER G. | GROUP EXERCISE STUIDO

4:30-5:20PM | STRENGTH + CONDITIONING
CHEYENNE H. | GROUP EXERCISE STUIDO

5:30-6:30PM | CYCLING(Bi-Monthly)
ROBIN Q. | CYCLING STUDIO

5:40-6:30PM | MAT PILATES
KIM B. | GROUP EXERCISE STUIDO

WEDNESDAY

6-6:50AM | CYCLING
JESSICA W. | CYCLING STUDIO

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

8-8:50AM | STRENGTH + CONDITIONING
JAMIE H. | GROUP EXERCISE STUDIO

8-8:40AM | CYCLING
BETSY C | CYCLING STUDIO

8:30-9:25AM | AQUA FIT
ATHENA D | POOL

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

11-11:50AM | FUNDAMENTAL IN VINYASA
JADE A. | GROUP EXERCISE STUDIO

3-3:50PM | RESTORATIVE YOGA
PAMELA A. | GROUP EXERCISE STUDIO

4-4:50PM | QIGONG
ALISHA A. | GROUP EXERCISE STUDIO

5-5:50PM | TRX
RITA L. | THE RIG

THURSDAY

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

8:30-9:25AM | AQUA FIT
CHRISTY E. | POOL

8:50-9:20AM | TRX
RITA L. | 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
HEATHER G. | 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 1, 2026