

MBJCC FITNESS SCHEDULE

2024

v3.9/18/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45 am 20/20/20 Lois Forte Dance Studio	6 - 6:45 am TRX Lois Forte Field	8:15 - 9 am Waterobics Lois Forte Pool	5:45 - 6:45 am 20/20/20 Lois Forte Dance Studio	6 - 7 am Cardio Sculpt Lois Forte Dance Studio	9 - 10 am Full Body HIIT Lois Forte Dance Studio	7:30 - 8:15 am Waterobics Lois Forte Pool
7:15 - 8 am Cycle 45 Lois Forte Cycle Studio	7 - 7:45 am Strech N Restore Lois Forte Dance Studio	8:15 - 9 am S.W.E.A.T. Michelle Schucher Dance Studio	7 - 8 am Core Power Yoga Michael Travis Field	7:15 - 8 am Cycle 60 Lois Forte Cycle Studio	9:15 - 10 am Cycle 45 Courtney Landsman Cycle Studio	9 - 10:00 am Full Body HIIT Andreina Reyna Dance Studio
8:15 - 9 am Waterobics Lois Forte Pool	8 - 9 am Body!Bang! Michelle Schucher Field	9 - 10 am TRX Courtney Landsman Field	8 - 8:45 am Core Pilates Training Michelle Schucher Dance Studio	8 - 9 am Gentle Yoga Lois Tepper MP1	10:15 - 11 am Core Assets Courtney Landsman Dance Studio	9 - 10 am Gentle Yoga Lois Tepper MP1
8:15 - 9 am S.W.E.A.T. Michelle Schucher Dance Studio	8 - 9 am Gentle Yoga Lois Tepper MP1	9 - 10 am Core Power Yoga Michael Travis Dance Studio	9 - 10 am Power Sculpt Courtney Landsman Dance Studio	8:15 - 9 am Waterobics Lois Forte Pool	11 am - 12 pm Yogalataes Ximetta Mires Dance Studio	10 - 11 am Zumba Sharyn G Dance Studio
9 - 10 am Sculpt & Stretch Courtney Landsman Dance Studio	8:15 - 9 am Circuit Fusion Courtney Landsman Dance Studio	9:15 - 10 am Cycle 45 Michelle Schucher Cycle Studio	9 - 10 am Cycle 60 Michelle Schucher Cycle Studio	8:15 - 9:15 am S.W.E.A.T. 60 Michelle Schucher Dance Studio	12 - 1:30 pm Zumba & Tone Sharyn G Dance Studio	10 - 11 am Cycle 60 Andreina Reyna Cycle Studio
9:15 - 10 am Cycle 45 Michelle Schucher Cycle Studio	9:15 - 10 am 6 Pack Attack Michelle Schucher Dance Studio	10 - 11 am Zumba Cyrus Mallare Dance Studio	10:15 - 11 am Booty Blast Michelle Schucher Dance Studio	9:15 - 10 am Lower Body HIIT Andreina Reyna Dance Studio	11 am - 12 pm Strength & Alignment Sharyn G Dance Studio	
10:15 - 11:15 am TRX Bootcamp Michelle Schucher Field	9:15 - 10 am Cycle 45 Courtney Landsman Cycle Studio	10:15 - 11:15 am TRX Michelle Schucher Field	10:15 - 11 am Cycle 45 Courtney Landsman Cycle Studio	9:30 - 10:45 am Cycle & 6 Pack Michelle Schucher Cycle Studio		
10 - 11 am Zumba Cyrus Mallare Dance Studio	10 - 11 am Tai Chi Dr. Silvia Salinas Dance Studio	11 am - 12 pm Yogalates Ximetta Mires Dance Studio	11 - 12 pm Yoga Flow Michael Travis Dance Studio	10 - 11:15 am Zumba Cyrus Mallare Dance Studio		
11 am - 12 pm Restorative Yoga Ximetta Mires Dance Studio	11 am - 12 pm Yoga Conditioning Danielle Martinez Dance Studio	12 - 1 pm Pilates Fusion Jessica Greenfield Dance Studio	12 pm - 1 pm Cardio Dance Fusion Sharon G Dance Studio	11 am - 12 pm Stretch & Mobility Danielle Martinez Dance Studio		
12 - 1 pm Pilates Fusion Jessica Greenfield Dance Studio	12 - 1 pm Cardio Dance Fusion Sharyn G Dance Studio	6 - 7 pm Power Sculpt Karl Williams Dance Studio	6:30 - 7:30 pm Zumba Tammy Reznik Dance Studio	12 pm - 1 pm Strength & Alignment Sharyn G Dance Studio		
6 - 7 pm Power Sculpt Karl Williams Dance Studio	7 - 8 pm Belly Dance Fit Paula Leon Dance Studio	6:30 - 7:30 pm Cycle 60 Andreina Reyna Cycle Studio	6:30 - 7:30 pm Cycle 60 Amanda Haplen Dance Studio			
6:30 - 7:30 pm Cycle 60 Andreina Reyna Cycle Studio						

MyJ App



MBJCC Fitness Classes are by Reservation Only

Download to reserve your spot class, access the latest schedule and re... More



SCAN ME



Stacey Hatch
Fitness Director
stacey@mbjcc.org | x222