

J GROUP EXERCISE SCHEDULE

CARDIO CARDIO+STRENGTH STRENGTH WATER MIND+BODY

JANUARY

UPDATED JANUARY 1, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLE 8:15 - 9:00 AM STUDIO A LES MILLS SHAPES 8:15 - 9:00 AM STUDIO B LES MILLS BODY PUMP 9:15 - 10:15 AM STUDIO A ZUMBA 9:30 - 10:30 AM STUDIO B	BODY BLAST 5:30 - 6:30 AM STUDIO A FITNESS INTERVALS 8:15 - 9:00 AM STUDIO A AQUAFIT SHALLOW 8:30 - 9:30 AM PECK AQUATIC CENTER ZUMBA 9:00 - 10:00 AM STUDIO B LES MILLS BODY PUMP 9:30 - 10:30 AM STUDIO A CHAIR YOGA 10:15 - 11:15 AM STUDIO B AQUAFIT DEEP 9:30 - 10:30 AM PECK AQUATIC CENTER NIA 11:00 - 12:00 PM STUDIO A EVENING LES MILLS BODY PUMP 5:30 - 6:30 PM STUDIO A DANCE FITNESS 6:00 - 7:00 PM STUDIO B SLOW FLOW YOGA 7:00 - 8:00 PM STUDIO A ISRAELI DANCE 7:30 - 9:30 PM STUDIO B	CYCLE 6:00 - 6:45 AM STUDIO A SR FITNESS INTERVALS 8:00 - 9:00 AM MARCUS GYM CYCLE 8:00 - 8:45 AM STUDIO A YOGA EXPLORATIONS 8:30 - 9:45 AM STUDIO B PILATES POWER YOGA 9:30 - 10:30 AM STUDIO A TAI CHI 10:00 - 11:00 AM STUDIO B	BODY BLAST 5:30 - 6:30 AM STUDIO A RISE & SHINE YOGA 6:00 - 7:00 AM STUDIO B FITNESS INTERVAL 8:00 - 8:45 AM VIRTUAL AQUAFIT SHALLOW 8:30 - 9:30 AM PECK AQUATIC CENTER AQUAFIT SHALLOW 8:30 - 9:30 AM PECK AQUATIC CENTER SLOW FLOW YOGA 9:30 - 10:30 AM STUDIO A SENIOR FIT'N'FUN 9:00 - 10:00 AM STUDIO B AQUAFIT DEEP 9:30 - 10:30 AM PECK AQUATIC CENTER	POWER FLOW YOGA 5:30 - 6:15 AM STUDIO B CYCLE 6:00 - 6:45 AM STUDIO A AQUAFIT SHALLOW 8:30 - 9:30 AM PECK AQUATIC CENTER YOGA EXPLORATIONS 8:30 - 9:30 AM STUDIO B PILATES POWER YOGA 9:30 - 10:30 AM STUDIO A CHAIR YOGA 10:15 - 11:15 AM STUDIO B NIA 11:00 - 12:00 PM STUDIO A	LES MILLS SHAPES 5:30 - 6:15 AM STUDIO A REVOLVE 8:00 - 9:00 AM STUDIO A AQUAFIT SHALLOW 8:30 - 9:30 AM PECK AQUATIC CENTER SLOW FLOW YOGA 8:20 - 9:20 AM STUDIO B LES MILLS BODY PUMP 9:30 - 10:30 AM STUDIO A ZUMBA 9:30 - 10:30 AM STUDIO B AQUAFIT DEEP 9:30 - 10:30 AM PECK AQUATIC CENTER SENIOR FIT'N'FUN 10:45 - 11:45 AM STUDIO B	LES MILLS SPRINT 8:15 - 8:45 AM STUDIO A BODY BLAST 8:05 - 9:05 AM MARCUS GYM MINDFUL YOGA 8:15 - 9:15 AM STUDIO B DANCE FITNESS 9:15 - 10:15 AM STUDIO A



FREE FOR JCC MEMBERS AGES 14+

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QUESTIONS? CONTACT
GX@JCCMILWAUKEE.ORG | 414-964-4444