



2024 GROUP FITNESS CLASSES MAY

Schedule Effective 05/01/2024 - 5/31/2024

Members must be 18 years old or 17 and enrolled in SWC classes

For all classes, see our Front Desk Staff to Sign-up and to Check-in prior to class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday NEW for 2024! (Gym Hours 7am-1pm; Pool Hours 7am-12pm)
6 AM			**Pilates Reformer 6:30 - 7:20am	**Pilates Reformer 6:30 - 7:20am		
7 AM	**Pilates Reformer 7:30 - 8:20am No Class May 27 - JAWS closed		**Pilates Reformer 7:30 - 8:20am	**Pilates Reformer 7:30 - 8:20am		
8 AM	8:30 - 9:25am POWER YOGA No Class May 27 - JAWS closed <i>(Queenax) Dina</i>	8:30 - 9:30am INTRO TO CYCLING all levels <i>(70-311) Lisa</i>		8:30 - 9:25am INTRO TO CYCLING all levels <i>(70-311) Lisa</i>	8 - 9am POWER YOGA *new class No Class May 24 - JAWS closed <i>(Queenax) Rae</i>	8 - 9am INTRO TO KICKBOXING No Class May 25 - JAWS closed <i>(70-312) Justin</i>
		8:35 - 10am SWC WESA Enrolled Credit Class in Session <i>(Queenax Room)</i>		8:35 - 10am SWC WESA Enrolled Credit Class in Session <i>(Queenax Room)</i>		8 - 9am ZUMBA No Class May 25 - JAWS closed <i>(70-313) Laura</i>
9 AM	9:45 - 10:40am SUSPENSION TRAINING *new time No Class May 27 - JAWS closed <i>(Queenax) Dolly</i>	9 - 9:55am INTERVAL TRAINING *new time/ *new room <i>(70-312) Dina</i>	9:30 - 10:25am YOGA-LATES *new time <i>(Queenax) Dolly</i>	9:30 - 10:15am INTRO TO PILATES all levels <i>(70-311) Lisa</i>	9:30 - 10:25am HIIT YOGA FUSION No Class May 24 - JAWS closed <i>(Queenax) Dina</i>	9 - 10am FITCAMP WARRIORS *new class No Class May 25 - JAWS closed <i>(Queenax) Danny</i>
						9 - 10am DEEP WATER AEROBICS No Class May 25 - JAWS closed <i>(multi-pool) *new class Suzie</i>
10 AM		10:30 - 11:25am YOGA SCULPT *new time <i>(Queenax) Dina</i>				9:30 - 10:30am MUAY THAI KICKBOXING No Class May 25 - JAWS closed <i>(70-312) Justin</i>
						10 - 11am GENTLE YOGA FLOW No Class May 25 - JAWS closed <i>(70-310) Tony</i>
11 AM	11:00am - 11:55am CORE FLEX No Class May 27 - JAWS closed <i>(Queenax) Dina</i>		11:30 - 12:25pm GENTLE YOGA FLOW <i>(Queenax) Isela</i>	11:00 - 11:55am TRX FLEXIBILITY <i>(Queenax) Dolly</i>	11:00 - 12pm GENTLE & RESTORATIVE YOGA No Class May 24 - JAWS closed <i>(70-310) Dina</i>	11am - 12pm BOXING No Class May 25 - JAWS closed <i>(70-312) Justin</i>
	12:15 - 1:10pm CHAIR FITNESS No Class May 27 - JAWS closed <i>(Queenax) Dina</i>	12 - 1pm INTRO TO KICKBOXING <i>(70-312) Justin</i>		12 - 1pm INTRO TO KICKBOXING No Class - May 23 - SWC Final <i>(70-312) Justin</i>		
1 PM		12 - 12:55pm CHAIR YOGA <i>(Queenax) Dina</i>		12:15 - 1pm CHAIR YOGA for Stress Relief <i>(Queenax) Dolly</i>		10:30 11:30am DEEP WATER AEROBICS No Class May 25 - JAWS closed <i>(multi-pool) *new class Suzie</i>
			1:30 - 2:30pm MUAY THAI KICKBOXING all levels <i>(70-312) Justin</i>	1:30 - 2:30pm BARRE 360 <i>(70-310) Dolly</i>	1:30 - 2:30pm MUAY THAI KICKBOXING all levels <i>(70-312) Justin</i>	10:45 - 11:45am INTERVAL CYCLING *new time No Class May 25 - JAWS closed <i>(70-311) Diana</i>
2 PM	**Pilates Reformer 1:30 - 2:20pm No Class May 27 - JAWS closed		**Pilates Reformer 1:30 - 2:20pm	**Pilates Reformer 1:30 - 2:20pm		
3 PM		3 - 4pm BOXING <i>(70-312) Justin</i>		3 - 4pm BOXING <i>(70-312) Justin</i>		
4 PM	4 - 5pm DANCE FUSION *new time No Class May 27 - JAWS closed <i>(70-313) Renée</i>					
5 PM	5 - 6pm SOUND HEALING at SUNSET *new class for Spring No Class May 27 - JAWS closed <i>(70-310) or Amphitheater Isela</i>	5 - 6pm GENTLE YOGA <i>(70-310) Isela</i>	5 - 6pm INTERVAL TRAINING *new class <i>(Queenax) Rae</i>			
	5:30 - 6:25pm SUSPENSION BARRE No Class May 27 - JAWS closed <i>(Queenax) Dolly</i>					
6 PM		6 - 7pm STRONG <i>(70-312) Laura</i>	6:30 - 7:20pm INTERVAL CYCLING <i>(70-311) Diana</i>	6 - 7pm ZUMBA <i>(70-312) Laura</i>		

* room change, time change, new class, class name change, etc.

****Reformer Pilates** - Introductory Rate \$10 per class - Active Members only (No exceptions) - advanced booking/check-in required; booking opens 7 days in advance; check-in 15 min prior to start of class; arriving late will forfeit your spot; socks that cover the whole foot are required - grippy socks highly recommended.
No refunds; no transfers; no rescheduling

JAWS is closed Fri May 24 (SWC Graduation) ; Sat-Mon May 25-27 (Memorial Day Weekend)

JAGUAR AQUATICS WELLNESS & SPORTS

ATTENTION MEMBERS!

Saturday Hours: Gym: 7am-1pm ; Pool: 7am-12pm

JAWS has OPEN GYM in the Basketball Gymnasium - Room (70-101) on Tuesdays and Thursdays from 5:30am-8am. JAWS Fitness Membership required. Please check in at the Front Desk before proceeding to the gymnasium.

POOL HOURS CHANGE! Pool hours end time has changed from 7:30pm to 7pm (M-F). New Pool hours are: **Mon-Fri: 5:30am - 7pm; Sat: 7am-12pm**

CLASS DESCRIPTIONS	FOCUS
BARRE 360: A total-body conditioning workout inspired by ballet/pilates/yoga/strength training-- with a focus on flexibility, balance, stability, and strength. All fitness levels are welcome. - SUSPENSION BARRE: Your core and stabilizing muscles will be challenged with the use of the suspension trainers, add barre exercises and you have a total body workout. All fitness levels welcome.	Strength, Flexibility
BOXING: A high-energy cardio-vascular workout for all fitness levels, using a variety of bag work, shadow boxing, and footwork.	Cardio, Strength
CARDIO & STRENGTH: Increase your cardio-vascular endurance and incorporate strength training with this workout for all fitness levels. Cardio can be high or low impact depending on your preference.	Cardio, Strength
CHAIR YOGA: A gentle yoga practice accessible for every body, that is easy on the joints and muscles. Postures and breathing exercises are performed with the aid of a chair to build strength, improve flexibility, and restore strength. - CHAIR YOGA for Stress Relief: Chair yoga practice that incorporates self-relaxation techniques to relieve stress using simple props.	Mind-Body
CHAIR FITNESS: A gentle chair workout that uses light weights/resistance bands, that is easy on the joints and muscles. Exercises are performed with the aid of a chair to help increase strength and improve flexibility.	Strength, Flexibility
CORE FLEX: A workout for all levels, that focuses on strengthening and conditioning of the core muscles surrounding the middle of the body: abdominals, obliques, back, spine, pelvic floor and glutes. Increase your flexibility using a variety of fitness props. All levels are welcome.	Core Strength
CYCLING/FIT CYCLE: A cardio-vascular workout performed on a stationary bike; great for all levels. Might include some strength training.	Cardio
DANCE FUSION: A dance cardio class focusing on beginning heels technique with an emphasis on jazz movement. All levels are welcome. No experience needed. Heels are not required, but highly encouraged.	Cardio
FITCAMP WARRIORS: Burn fat and build muscle with strength training. All levels welcome	Strength
GENTLE & RESTORATIVE YOGA: A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body.	Mind-Body
HIIT YOGA FUSION: A unique class that combines the strength and intensity of HIIT with the mindfulness and flexibility of yoga, integrating HIIT exercises like burpees, jump squats, and mountain climbers with yoga poses and flows to provide a balanced and invigorating workout experience.	Strength, Cardio, Flexibility
INTERVAL CYCLING: Improve your cardio-vascular endurance and build strength with stationary bike cycling and strength training workout mash-up in an interval training format; great for all levels.	Cardio, Strength
INTERVAL TRAINING: A total body workout where members perform a combination of 6 or more exercises, with short rest periods between them, using various fitness equipment. Multiple circuits can be performed in one session. All fitness levels are welcome.	Strength, Cardio, Flexibility
INTRO TO KICKBOXING: A high-energy workout for all fitness levels, using martial arts techniques to improve aerobic and anaerobic fitness, flexibility, speed, and agility.	Cardio, Strength
INTRO TO MAT PILATES (all levels): A low-impact mind-body workout with controlled movements to enhance your balance, core strength, mobility, and flexibility.	Mind-Body
MUAY THAI KICKBOXING: A high-energy workout for all fitness levels, using martial arts techniques to improve aerobic and anaerobic fitness, flexibility, speed, and agility.	Cardio, Strength
PILATES: A low-impact mind-body workout with controlled movements to enhance your balance, core strength, mobility, and flexibility.	Mind-Body
**Pilates Reformer - Introductory Rate \$10 per class - Active Members only (No exceptions- no guests; no walk-ins) - advanced booking/check-in required; booking opens 7 days in advance; check-in 15 min prior to start of class; arriving late will forfeit your spot; socks that cover the whole foot are required - grippy socks highly recommended.	Mind-Body
POWER YOGA: A yoga practice performed with a steady flow to enhance physical performance, build strength/stability.	Mind-Body
SCULPT/SCULPTING: A muscle-toning class using various fitness strength training equipment.	Strength
STRONG: A full-body bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises similar to a HIIT-like class format.	Cardio, Strength
SOUND HEALING at SUNSET: A wellness/ yoga practice done at the end of the day, that combines gentle and restorative poses with healing sounds.	Mind-Body
SUSPENSION BARRE: A total body Barre workout incorporating the use of the Superfunctional Queenax bar/ TRX Suspension Trainers. Your core and stabilizing muscles will be challenged with the use of the suspension trainers. All levels welcome.	Strength, Flexibility
SUSPENSION TRAINING: A versatile total body workout, for all levels, using the Superfunctional Queenax bar, TRX, and/or other fitness equipment. Use gravity and bodyweight exercises to develop strength, balance, flexibility, and core stability.	Strength, Flexibility
TRX (Total Resistance Exercise): This class is a form of suspension training using the TRX Suspension Trainer. Participants will perform a variety of bodyweight exercises targeting strength, stability, and core engagement. All fitness levels are welcome. - TRX CIRCUIT: A total body workout where members perform a combination of 6 or more exercises, with short rest periods between them, using the TRX and various fitness equipment. All fitness levels are welcome. - TRX FLEXIBILITY: Perform yoga poses and flexibility exercises using the TRX Suspension Trainer.	Strength, Flexibility
YOGA: A mid-body practice promoting mental and physical well-being that incorporates postures (poses), breathing techniques, meditation and/or relaxation. - GENTLE & RESTORATIVE YOGA: A gentle yoga practiced at a slow pace with long, passive holds in postures to restore the mind and body. - POWER YOGA: A yoga practice performed with a steady flow to enhance physical performance, build strength/stability. - SOUND HEALING at SUNSET: A wellness/ yoga practice done at the end of the day, that combines gentle and restorative poses with healing sounds. - SUNRISE YOGA: Begin your day with intention and focus with a morning yoga practice that can increase your clarity and peace of mind. - YOGA FLOW: A multi-level practice that incorporates simple flow sequences while focusing on alignment, breathwork, and flexibility. - YOGA SCULPT: A full body yoga practice that focuses on intensity and strength, that uses hand weights and resistance bands.	Mind-Body
YOGA-LATES: A low-impact mind-body workout that is a fusion of yoga and pilates designed to improve your core strength, posture, mobility, balance, and flexibility.	Mind-Body
ZUMBA: A calorie burning cardio-dance workout that incorporates dance and fitness moves to bold & spirited international rhythms and music. No experience needed.	Cardio
DEEP WATER AEROBICS: An aqua fitness class performed in deep water. No swimming skills are needed; participants use a floatation belt. Please be changed and ready to exercise at the class start time.	Aqua Fitness

GROUP FITNESS ETIQUETTE:

- JAWS Fitness Center Membership required to take Group Fitness Classes.
- We have two parts to taking our group fitness classes:
 - Book the Class - on the Wellyx app or at the Front Desk Staff.
 - Check into the Class - When you arrive in the facility, scan your membership card and let the Front Desk Staff know you will be taking class.
- All guests must sign a waiver at the Front Desk at every visit. Guests attending a group fitness must also sign in at the class.
- Please be respectful of instructors and other members when taking classes by arriving on time, ready to workout, at class start time.
- Arriving late is disruptive to the instructor and your fellow members. Late arrival also poses a safety issue as you will not be properly warmed up or prepared for the activity you are about to do. If you find yourself arriving more than 5 minutes late, please enjoy a workout on the fitness floor and join in next time.
- Classes are a group activity; we request that you follow the instructor's routine.
- Instructors reserve the right to cancel classes with participation levels of 2 or less.
- Keep conversations to a minimum.
- Please do not enter the classroom before the current class has finished.
- Wear appropriate exercise attire and footwear.
- Water must be in an enclosed, unbreakable container. Other drinks and food are not permitted in the room.
- As a consideration to other members, no cell phone use is permitted in the room. Please put all phones on silent mode.
- We recommend using a towel.
- Only instructors are permitted to use stereo equipment.
- Please refrain from wearing perfume, cologne, and scented lotions and remember personal hygiene.
- For health and hygiene reasons, please wipe down equipment after use. We recommend providing your own mat/yoga mat.
- Equipment is to be used for intended purposes only.
- Moving equipment from room to room is **not** allowed.
- Please return all equipment used in class to its proper storage location.
- The Queenax Room is closed for individual use while class is in session.**

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Phone: (619) 482-6327
Email for JAWS: swcwac@swccd.edu
Email for Group Exercise: swcjawsgx@swccd.edu
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IG: @swc_jaws

Gym Hours:
Mon-Fri: 5:30 am - 8
pm Sat: 7 am - 1 pm

Pool Hours:
Mon-Fri: 5:30 am-7 pm
Sat: 7 am - 12 pm