

Group X Contact:

Questions? Email us at:
info@loggerheadfitness.com
Tel/Txt: (561) 625-3011

LOGGERHEAD FITNESS GROUP X SCHEDULE

10/05/2026 (36)

Club Hours:

Mon-Thu – 5:00am to 9:00pm
Friday – 5:00am to 8:00pm
Sat & Sun – 7:00am to 6:00pm

	MON (6)	TUE (6)	WED (6)	THU (7)	FRI (5)	SAT (3)	SUN (3)
Morning\Early Afternoon	<u>Straight Up Step</u> 8:00AM – 9:00AM Lori H.	<u>Cycle Xpress</u> Returns late OCT 2026	<u>Group Cycle</u> 8:00AM – 9:00AM Diane B.	<u>Cycle Xpress</u> Returns late OCT 2026	<u>Group Cycle</u> 8:00AM – 9:00AM Diane B.	<u>Cardio Step *</u> 9:05AM – 10:05AM Lori H. / CJ E.	<u>Yoga Gentle</u> 9:05AM – 10:05AM Nicoleta M.
	<u>Group Cycle</u> 9:15AM – 10:15AM Diane B.	<u>Cardio Sculpt</u> 8:00AM – 9:00AM Lori H.	<u>Body Sculpt</u> 9:15AM – 10:15AM Diane B.	<u>Floor, Core & More</u> 8:00AM – 9:00AM Jen A.	<u>Cardio Sculpt</u> 9:15AM-10:10AM Jen A.	<u>Yoga (Int.) *</u> 10:15AM – 11:15AM Lori H. / CJ E.	<u>Mat Pilates *</u> 10:15AM – 11:15AM CJ E. / Dale M. (Ania back 10/18)
	<u>Disco Sculpt</u> 10:30AM – 11:30AM Christine L.	<u>Mat Pilates</u> 9:15AM – 10:15AM Rachel E.	<u>Yoga Gentle</u> 10:30AM – 11:30AM Jen A.	<u>Cardio Box</u> 9:15AM – 10:15AM Diane B.	<u>Mat Pilates</u> 10:15AM – 11:15AM Rachel E.	<u>Zumba</u> 11:30AM – 12:30PM Nora L.	<u>Zumba *</u> 11:30AM – 12:30PM Rita B./Sonia M.
Afternoon	<u>Urban Drums</u> 11:45AM – 12:45PM Christine L.	<u>Yoga</u> 10:30AM – 11:45AM Nicole L.	<u>Zumba</u> 12:00PM – 12:50PM Sonia M.	<u>Yoga Flow</u> 10:30AM – 11:30AM Nicoleta M.	<u>Zumba Gold</u> 11:45AM – 12:45PM Aylin R.	* Alternating instructors every other week. Check the Sub Schedule online for current info.	
	<u>Zumba</u> 12:00PM – 12:50PM Janice V.						
Evening	<u>Silver Sneakers Classic/Cardio</u> 1:00PM – 2:00PM Jessica C.	<u>Pre-Recorded Silver Sneakers</u> 1:00PM – 2:00PM	<u>Silver Sneakers Classic/Cardio</u> 1:00PM – 2:00PM Sonia M.	<u>Pre-Recorded Silver Sneakers</u> 1:00PM – 2:00PM	<u>Silver Sneakers Classic/Cardio</u> 1:00PM – 2:00PM Maribel B.	Ask about MYZONE , our heartrate training app. The world's first interchangeable heart rate monitor for the gym, outdoors or in water. Wearable three ways, switch between the chest, wrist, and arm, depending on your choice of physical activity.	
	<u>Yoga Gentle</u> 5:00PM – 6:00PM Jen A.	<u>Group Cycle</u> 6:00PM – 7:00PM Donette E.	<u>Pump & Pilates</u> 4:00PM – 5:00PM CJ E.	<u>Line Dancing</u> 4:15PM – 5:15PM			
				<u>Group Cycle/HIIT</u> 6:00PM – 7:00PM Donette E.			





901 Donald Ross Road, Juno Beach, FL 33408 ~ Call or Text (561) 625-3011 ~ <https://loggerheadfitness.com>



Body Sculpt: A low impact all muscle workout using weights, bands, fitness balls and other fun toys. This class is designed to hit every muscle group from head to toe, including abs!

Cardio Box: A non-contact high-energy class that combines intervals along with cardio boxing. Build stamina, improve coordination and flexibility, and burn more calories as you build lean muscle with this fun and challenging workout!

Cardio Step: Designed to give you functional results! Using various, high repetition-movements ensures every major muscle group gets attention. This is a strength-based training class; it will get you pumped and stronger!

Cardio Sculpt: This fast-paced, calorie-burning workout combines muscle conditioning with high- and low-impact cardio. Using various equipment, it's adaptable for all fitness levels with modifications for any challenge.

Disco Sculpt: We are bringing the '70s and '80s back with this fun, upbeat combo class combining disco dance moves with body-sculpting exercises to tone and firm your body! Plus, choreographed dancing improves your mental health! **(Seasonal)**

Floor, Core & More: A full-body workout using exercise bands, Pilates balls, and mat exercises.

Group Cycle & Cycle Express (Seasonal): A great cardio workout from the beginner to the advanced. A high-energy class that uses RPMs to get the heart pumping. Go ahead and burn over 500 calories in 60 minutes!! Reservations required!

Group Cycle/HIIT: 30 minutes of high-energy, calorie-blasting group cycle followed by 30 minutes of HIIT (high-intensity interval training).

Line Dancing: Time to polish your boots and buckle. Join us for a heel clicking, thigh slapping and toe tapping good ol' time! Make sure to wear leather soled shoes or boots and your favorite cowgirl or cowboy duds, (or just jeans and a shirt). Get ready for a rootin'-tootin' fun time!

Mat Pilates: This class stretches and strengthens the entire dynamic core using controlled movements. Pilates is famous for promoting flexibility, strength, circulation, and skeletal alignment.

Pump & Pilates: Get your pump (weights & cardio) and your stretch (Pilates) with this full body workout. The class is 30 minutes of pump and 30 minutes of Pilates.

Silver Sneakers: Silver Sneaker's offers an innovative blend of physical activity, healthy lifestyle, and socially oriented programming that allows older adults to take greater control of their health. Incorporating weight segments and core strengthening. Fun & challenging for all!

Straight Up Step: Tone up your legs and get your heart pumping by moving up, over and around the step. Developed to get a high-intensity, yet low-impact workout, this class will improve your coordination by learning choreographed routines that make the hour fly by!

Urban Drums: Become the music in this energizing full-body workout! Urban Drums blends cardio, strength, yoga, and Pilates using lightly weighted drumsticks. Driven by music, it's a fun and effective workout for all ages and fitness levels. **(Seasonal)**

Yoga & Yoga Flow: Learn how to de-stress and breathe while developing the mind-body connection. More than just physical postures, this transformational practice will relax your body, calm your mind, and strengthen your spirit from within.

Zumba: Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away.

Zumba Gold: This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong in mastering Zumba moves designed for active older adults or those looking for a low-impact workout.

We currently accept the following
Insurance Based Plans:



**Classes are subject to change.
Schedule is available on website.
Seasonal = Oct through May.**