Group X Contact:
Questions? Email us at:
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Tel/Txt: (561) 625-3011

LOGGERHEAD FITNESS GROUP X SCHEDULE

11/09/2026 (39)

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 (7)	WED (6)	THU (7)	FRI (5)	SAT (3)	SUN (3)
Morning\Early Afternoon	**Straight Up Step** 8:00AM – 9:00AM *Lori H.* **Group Cycle** 9:15AM – 10:15AM *Diane B.* **Disco Sculpt** 10:30AM – 11:30AM *Christine L.* **Urban Drums** 11:45AM –12:45PM *Christine L.*	**Cardio Sculpt** 8:00AM – 9:00AM *Lori H.* **Mat Pilates** 9:15AM – 10:15AM *Rachel E.* **Yoga** 10:30AM – 11:45AM *Nicole L.* **Zumba** 12:00PM – 12:50PM *Janice V.*	**Group Cycle** 8:00AM – 9:00AM *Diane B.* **Body Sculpt** 9:15AM – 10:15AM *Diane B.* **Yoga Gentle** 10:30AM – 11:30AM *Jen A.* **Zumba** 12:00PM – 12:50PM *Sonia M.*	**Cycle Xpress** 7:00AM – 7:45AM *Mike D.* **Floor, Core & More** 8:00AM – 9:00AM *Jen A.* **Cardio Box** 9:15AM – 10:15AM *Diane B.* **Yoga Flow** 10:30AM – 11:30AM *Nicoleta M.* **Zumba** 12:00 PM – 12:50PM *Janice V.*	**Group Cycle** 8:00AM – 9:00AM *Diane B.* **Cardio Sculpt** 9:15AM-10:10AM *Jen A.* **Mat Pilates** 10:15AM – 11:15AM *Rachel E.* **Zumba Gold** 11:45AM – 12:45PM *Aylin R.*	**Cardio Step *** 9:05AM – 10:05AM *Lori H. / CJ E.* **Yoga (Int.) *** 10:15AM – 11:15AM *Lori H. / CJ E.* **Zumba** 11:30AM – 12:30PM *Nora L.*	**Yoga Gentle** 9:05AM – 10:05AM *Nicoleta M.* **Mat Pilates *** 10:15AM – 11:15AM *Ania D. / Dale M.* **Zumba *** 11:30AM – 12:30PM *Rita B./Sonia M.*
Afternoon	**Silver Sneakers Classic/Cardio** 1:00PM – 2:00PM *Jessica C.*	**Silver Sneakers Classic/Cardio** 1:00PM – 2:00PM *Janice V.*	**Silver Sneakers Classic/Cardio** 1:00PM – 2:00PM *Sonia M.*	**Pre-Recorded Silver Sneakers** 1:00PM – 2:00PM	**Silver Sneakers Classic/Cardio** 1:00PM – 2:00PM *Maribel B.*		
Evening	**Yoga Gentle** 5:00PM – 6:00PM *Jen A.*	**Group Cycle** 6:00PM – 7:00PM *Donette E.*	**Pump & Pilates** 4:00PM – 5:00PM *CJ E.*	**Line Dancing** 4:15PM – 5:15PM **Group Cycle/HIIT** 6:00PM – 7:00PM *Donette E.*			

** Alternating instructors every other week.*
Check the Sub Schedule online for current info.

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.



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:

SilverSneakers FITNESS

RenewActive by UnitedHealthcare

prime

FITON HEALTH

Active&Fit

Silver&Fit

healthy contributions Wellness. Rewarded.

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