

JOYCE W. JAYNES BRANCH

1600 Brown St. El Paso, TX 79902 T: 915.519.0002 F: 915.838.3544



Tentatively Effective 9/11/2023

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
10:00	Aquacise		Aquacise			
pm						
5:30	Aquacise	Aquacise	Aquacise	Aquacise		

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30		ZUMBA fitness		ZUMBA fitness	Yoga	ZUMBA fitness
9:30	Pilates		Pilates			
9:45					SilverSneakers® Classic	
10:00	Body Sculpt				Body Sculpt	
10:30	SilverSneakers® Classic	SilverSneakers® Classic	SilverSneakers® Classic	SilverSneakers® Classic	Pilates	
pm						
12:00	ZUMBA fitness		ZUMBA fitness			
5:00		Pilates		Pilates		
5:30	ZUMBA fitness		ZUMBA fitness			
6:00		Yoga		Ballet Folklorico		

Ask Us About Our Youth Programs (music lessons, kid fitness etc.,)

WEIGHT ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00am-7:30pm	7:00am-7:30pm	7:00am-7:30pm	7:00am-7:30pm	7:00am-7:00pm	8:00am-1:00pm

OPEN LANES (Recreational and Lap Swimming) **Limited to two lanes during aquatics classes**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00am-1:00pm	8:00am-1:00pm	8:00am-1:00pm	8:00am-1:00pm	8:00am-1:00pm	8:00am-12:30pm
	3:30pm-7:00pm	3:30pm-7:00pm	3:30pm-7:00pm	3:30pm-7:00pm	3:30pm-6:30pm	

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 45 - 50 MINUTES LONG

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