

# JCC GroupEx Schedule

Schedule effective as of 4/30/2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 6:45a <b>Indoor Cycling</b> Craig		6:00 – 6:45a <b>Indoor Cycling</b> David			8:30 – 9:15a <b>Zumba</b> Belinda
6:30 – 7:00a <b>Sun Rise Wake-Up Call!</b> Debi		8:30 – 9:15a <b>Upper /Lower Body Blast</b> Elizabeth	8:45 – 9:30a <b>Indoor Cycling</b> Karen	8:45 – 9:30a <b>Raising the Barre</b> Debi	8:30 – 9:15a <b>Indoor Cycling</b> Judy
8:45 – 9:30a <b>Happy Monday</b> Debi	9:00 – 9:45a <b>Pump It Up!</b> Rebecca	9:15 – 10:00a <b>Flow &amp; Let Go Yoga</b> Tammy	9:00 – 9:45a <b>Shed/Sweat Extreme</b> Eddy	9:30 – 10:30a <b>Yoga</b> Karen	9:30 – 10:15a <b>Burn &amp; Firm</b> Jenny
9:30 – 10:30a <b>Yoga</b> Karen	9:45 – 10:30a <b>Pilates 'n More</b> Debi	9:20 – 10:05a <b>Indoor Cycling</b> Elizabeth	9:45 – 10:30a <b>Zumba</b> Sandra	9:30 – 10:15a <b>Indoor Cycling</b> Elit	9:30 – 10:15a <b>Indoor Cycling</b> Judy
9:30 – 10:15a <b>Indoor Cycling</b> Rebecca	10:30 – 11:15a <b>Zumba</b> Paola	10:30 – 11:15a <b>Zumba Gold</b> Miriam		10:40 – 11:25a <b>Cardio /Tone Fusion</b> Colby	
10:35 – 11:20a <b>Cardio / Tone Fusion</b> Michelle					<b>SUNDAY</b>
					8:00 – 8:45a <b>Indoor Cycling</b> Elit
					8:00 – 8:45a <b>Shed/Sweat Extreme</b> Eddy
	4:30 – 5:15p <b>Kid Spin "Tweens" Ages 9-12</b> Jenny				9:00 – 9:45a <b>Indoor Cycling</b> Debi
5:30 – 6:15p <b>Zumba</b> Belinda					9:00 – 9:45a <b>Tabata Challenge</b> Shari
7:30 – 8:30p <b>Yoga</b> Karen			7:15 – 8:15p <b>Yoga</b> Bridget		9:45 – 10:30a <b>Pilates 'n More</b> Shari
7:45 – 8:30p <b>Indoor Cycling</b> Craig	8:00 – 8:45p <b>Tabata Challenge</b> Vin	7:45 – 8:30p <b>Indoor Cycling (Teens and Beginners Welcome)</b> Lee	7:45 – 8:30p <b>Indoor Cycling</b> Judy		10:30 – 11:15a <b>Zumba</b> Sandra

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## Mind/Body Classes

### **PILATES 'N MORE**

A total body conditioning class with focus primarily on core strength (abdominals, back, hips, and gluteal) and flexibility.

### **YOGA**

The practice of yoga can positively change the health of your body and mind. Relieve stress and tension. Relax and elongate your body through guided stretches and breathing.

### **FLOW AND LET GO YOGA**

Incorporates breath work, yoga postures, flow and deep relaxation.

## Strength Classes

### **HAPPY MONDAY**

Chisel (sculpt) your body with weights. High Energy "wake-up" workout!

### **UPPER/LOWER BODY BLAST**

Want to work out with weights, but don't want to use machines? This upper/lower body resistance training class with weights is for you. It will change your body.

### **BURN & FIRM**

Upper body and lower body strength training using all fitness tools.

## Cardio/Interval Classes

### **CARDIO/TONE FUSION**

Try this functional fitness class to slow down the aging process and increase strength, bone and muscle density, balance, coordination and flexibility.

### **CARDIO KICKBOXING**

Combines Martial Arts techniques with cardio, builds stamina and improves coordination and flexibility.

### **PUMP IT UP!**

Total muscle and endurance workout with cardiovascular conditioning.

### **SHED/SWEAT EXTREME**

Cardio, strength with an ab workout – everything for a full body workout.

### **SUN RISE WAKE-UP CALL**

An energizing 30-minute early morning workout with a combo of weights and cardio. The perfect way to start your day.

### **TABATA CHALLENGE**

Looking for a challenging workout that will melt away pounds and define lean muscle? Join us for this dynamic, intense, creative and off-the-chart workout!

## Cardio Classes

### **INDOOR CYCLING**

Classes are technique-based and/or real terrain-based and focused on cadence, heart-rate zones, climbs and sprints that can make for an unpredictable ride that is fun and challenging!

## Youth Classes

### **SPIN KIDS FOR "TWEENS" AGES 9 – 12**

An enjoyable indoor cycling class for teens designed to build endurance and confidence!

## Dance Classes

### **RAISING THE BARRE**

Combine dance conditioning and isometrics (high reps with limited range-of-motion) and get beautiful, sculpted, lean muscle.

### **ZUMBA®**

Dance, Dance, Dance! Zumba® is a fusion of Latin and international music with dance themes that create a dynamic, exciting and effective fitness system!

### **ZUMBA® GOLD**

Beginner level Zumba®.

### Please note:

**Class schedules and instructors are subject to change. We will make every effort to communicate any changes in advance.**

## **Fitness Babysitting Hours:**

**Saturday/Sunday  
8:00 – 11:30 a.m.**

**\$6.00 per hour**

***Hours must be purchased in advance at the JCC Member Services Desk***

***No reservation required***