

# JCC GroupEx Schedule

Schedule effective as of 9/5/2017



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|--|--|---|---|--|
| 6:00 – 6:45a<br><b>Indoor Cycling</b><br>Craig            |  | 6:00 – 6:45a<br><b>Indoor Cycling</b><br>David                             |   |   | 8:30 – 9:15a<br><b>Zumba</b><br>Belinda              |
| 8:45 – 9:30a<br><b>Happy Monday</b><br>Debi               | 8:30 – 9:15a<br><b>Indoor Cycling</b><br>Mindi               | 8:45 – 9:25a<br><b>Upper /Lower Body Blast</b><br>Elizabeth                | 8:45 – 9:30a<br><b>Indoor Cycling</b><br>Karen    | 8:45 – 9:30a<br><b>Raising the Barre</b><br>Debi          | 8:30 – 9:15a<br><b>Indoor Cycling</b><br>Judy        |
| 9:30 – 10:30a<br><b>Yoga</b><br>Karen                     | 9:00 – 9:45a<br><b>Pump It Up!</b><br>Rebecca                | 9:30 – 10:15a<br><b>Pound/Sculpt</b><br>Debi                               | 9:00 – 9:45a<br><b>Shed/Sweat Extreme</b><br>Eddy | 9:30 – 10:30a<br><b>Yoga</b><br>Karen                     | 9:30 – 10:15a<br><b>Burn &amp; Firm</b><br>Mindi     |
| 9:35 – 10:20a<br><b>Indoor Cycling</b><br>Peggy           | 9:45 – 10:30a<br><b>Pilates 'n More</b><br>Debi              | 9:30 – 10:15a<br><b>Indoor Cycling</b><br>Elizabeth                        | 9:45 – 10:30a<br><b>Zumba</b><br>Sandra           | 9:30 – 10:15a<br><b>Indoor Cycling</b><br>Elit            | 9:30 – 10:15a<br><b>Indoor Cycling</b><br>Judy/Peggy |
| 10:35 – 11:20a<br><b>Lo Impact Cardio Fusion</b><br>Peggy | 10:30 – 11:15a<br><b>Zumba</b><br>Aaron                      | 10:30 – 11:15a<br><b>Zumba Gold</b><br>Peggy                               |   | 10:40 – 11:25a<br><b>Lo Impact Cardio Fusion</b><br>Colby |  |
|   |  |  |   |   | <b>SUNDAY</b>  |
|   |  |  |   |   | 8:00 – 8:45a<br><b>Indoor Cycling</b><br>Elit        |
|   | 4:30 – 5:15p<br><b>Spin Kids - Ages 9 – 12 yrs.</b><br>Mindi |  |   |   | 8:00 – 8:45a<br><b>Shed/Sweat Extreme</b><br>Eddy    |
| 5:30 – 6:15p<br><b>Zumba</b><br>Belinda                   |  | 5:45 – 6:30p<br><b>Zumba</b><br>Miriam                                     | 6:15 – 7:00p<br><b>Step Aerobics</b><br>Staci     |   | 9:00 – 9:45a<br><b>Indoor Cycling</b><br>Debi        |
| 7:30 – 8:30p<br><b>Yoga</b><br>Karen                      |  |  | 7:15 – 8:15p<br><b>Yoga</b><br>Bridget            |   | 9:00 – 9:45a<br><b>Tabata Challenge</b><br>Shari     |
| 7:45 – 8:30p<br><b>Indoor Cycling</b><br>Craig            | 8:00 – 8:45p<br><b>Tabata Challenge</b><br>Vin               | 7:45 – 8:30p<br><b>Indoor Cycling (Teens and Beginners Welcome)</b><br>Lee | 7:45 – 8:30p<br><b>Indoor Cycling</b><br>Judy     |   | 9:45 – 10:30a<br><b>Pilates 'n More</b><br>Shari     |
|   |  |  |   |   | 10:30 – 11:15a<br><b>Zumba</b><br>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.

## Strength Classes

### **HAPPY MONDAY**

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

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

Okay, so you want to work out with weights, but don't want to use machines? If so, this upper/lower body resistance training class with weights is for you. The outcome: It will change your body.

## Cardio/Interval Classes

### **BURN & FIRM**

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

### **LO IMPACT CARDIO FUSION**

Aging to perfection takes some work! Try this functional fitness class to slow down the aging process and increase strength, bone and muscle density, balance, coordination and flexibility.

### **POUND/SCULPT**

Have fun with Rip Stix and rockin' music!

### **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.

### **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!

### **STEP AEROBICS**

A classic workout! A choreographed routine of stepping up and down on a platform.

## Youth Classes

### **Spin Kids - Ages 9 – 12**

An enjoyable indoor cycling class for tweens 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 and Sunday  
8:00 – 11:30am**

**\$6.00 per hour**

**Purchase hours at the  
JCC Member Services  
Desk**