

JCC GroupEx Schedule

Schedule effective as of 1/8/2018



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

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.

CARDIO/TONE 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.

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!

STEP AEROBICS

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

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 – 11:30a**

\$6.00 per hour

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

No reservation required