

JCC GroupEx Schedule

Schedule effective as of 7/7/2017



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|---|
| 6:00 – 6:45a Indoor Cycling Craig | | | | | 8:30 – 9:15a Zumba Belinda |
| 8:45 – 9:30a Happy Monday Debi | 8:30 – 9:15a Indoor Cycling Mindi | 8:45 – 9:25a Upper /Lower Body Blast Elizabeth | 8:45 – 9:30a Indoor Cycling Karen | 8:45 – 9:30a Raising the Barre Debi | 8:30 – 9:15a Indoor Cycling Judy |
| 9:30 – 10:30a Yoga Karen | 9:00 – 9:45a Pump It Up! Rebecca | 9:30 – 10:15a Pound/Sculpt Debi | 9:00 – 9:45a Shed/Sweat Extreme Eddy | 9:30 – 10:30a Yoga Karen | 9:30 – 10:15a Burn & Firm Mindi |
| 9:35 – 10:20a Indoor Cycling Peggy | 9:45 – 10:30a Pilates 'n More Debi | 9:30 – 10:15a Indoor Cycling Elizabeth | 9:45 – 10:30a Zumba Sandra | 9:35 – 10:15a Indoor Cycling Debi | 9:30 – 10:15a Indoor Cycling Judy/Peggy |
| 10:35 – 11:20a Lo Impact Cardio Fusion Peggy | | 10:30 – 11:15a Zumba Gold Peggy | 10:30 – 11:15a Tai Chi Chi Kung Barry | 10:40 – 11:25a Lo Impact Cardio Fusion Colby | |
| | | | | | SUNDAY |
| | | | | | 8:00 – 8:45a Indoor Cycling <i>Elit</i> |
| | | | | | 8:00 – 8:45a Shed/Sweat Extreme Eddy |
| 5:30 – 6:15p Zumba Belinda | | 5:45 – 6:30p Zumba Miriam | | | 9:00 – 9:45a Indoor Cycling Staff |
| 7:30 – 8:30p Yoga Karen | | | 7:15 – 8:15p Yoga Bridget | | 9:00 – 9:45a Tabata Challenge 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 | | 9:45 – 10:30a Pilates 'n More Shari |
| | | | | | 10:30 – 11:15a Zumba Miriam |

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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.

TAI CHI/CHI KUNG

The combination of breath, smooth movements and age-old Chinese medicinal science creates a powerful rejuvenating health tonic. De-stress and recharge with this ancient and effective movement-based form of exercise.

GENTLE YOGA

All the benefits of yoga without going up and down on the mat and putting pressure on the knees, wrists and arms. This class is for all ages who want to practice yoga. It includes traditional yoga poses that are modified and help improve posture and balance, increase flexibility and improve overall mind-body health.

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!

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.