



GroupEx Schedule

Effective January 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7a Sunrise Wake-Up Call! <i>Debi</i>						
8:45-9:30a Happy Monday <i>Debi</i>	9-9:45a Pump It Up! <i>Rebecca</i>	8:45-9:30a Body Blast <i>Elizabeth</i>	9-9:45a Pump It Up! <i>Rebecca</i>	8:45-9:30a Raising the Barre <i>Debi</i>	8:15-9a Zumba <i>Belinda</i>	8-8:45a Athletic Circuit <i>Eddy</i>
9:30-10:30a Yoga <i>Karen</i>	9:45-10:15a Pilates Express <i>Debi</i>	9:30-10:15a Flow Yoga <i>Tammy</i>	9:45-10:30a Zumba <i>Sandra</i>	9:30-10:30a Yoga <i>Karen</i>	9:30-10:15a Burn & Firm <i>Shane</i>	9-9:45a Burn & Firm <i>Shari</i>
	10:15-10:45a POUND® <i>Debi</i>	10:30-11:15a Zumba Gold <i>Miriam</i>		10-10:45a Walking Club (in gym) <i>Vin</i>		9:50-10:35 Pilates <i>Shari</i>
10:40-11:20a Fusion <i>Michelle</i>	10:45-11:30a Zumba <i>Paola</i>		YOUTH 4:30-5:15p Kickboxing+ <i>Jenny</i>	10:40-11:25a Fusion <i>Colby</i>		10:35-11:15a Zumba <i>Sandra</i>
5:30-6:15p Zumba <i>Belinda</i>			5:15-5:45p Body Blast Express <i>Jenny</i>			
7:30-8:30p Yoga <i>Bridget</i>	8-8:45p Athletic Circuit <i>Vin</i>	7:15-8p Yoga <i>Linda</i>	7:30-8:15 Yoga <i>Bridget</i>			
Indoor Cycling Studio						
				6-6:45a <i>Shari</i>	8:30-9:15a <i>Judy</i>	8-8:45a <i>Elit</i>
9:30-10:15a <i>Rebecca</i>		9:35-10:20a <i>Elizabeth</i>	8:45-9:30a <i>Karen</i>	9:30-10:15a <i>Elit</i>		9-9:45a <i>Craig</i>
7:45-8:30p <i>Craig</i>	YOUTH 4:30-5:15p <i>Jenny</i> Ages 9-14	7:45-8:30p <i>Lee</i> Beginners Welcome	7:45-8:30p <i>Judy</i>			



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Mind/Body Classes

PILATES

A total body conditioning class with focus primarily on core strength (abdominals, back, hips, 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 YOGA

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

Dance Classes

RAISING THE BARRE

Combines dance conditioning and isometrics (high reps with limited range-of-motion), resulting in beautiful, sculpted and 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®.

FITNESS BABYSITTING

Saturdays and Sundays
8:30-10:30a
\$6.00 per hour

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

No reservations required.

Strength Classes

HAPPY MONDAY

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

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, with a mix of cardio.

SUNRISE WAKE-UP CALL

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

Cardio Classes

FUSION

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

WALKING CLUB

For the active adult - walk, lift light weights and build on functional fitness.

PUMP IT UP!

Total muscle and endurance workout with cardiovascular conditioning. A challenging class!

ATHLETIC CIRCUIT

A full body burn and calorie scorcher in a circuit format with all the fun fit toys! All levels welcome.

POUND®

Have fun with Rip Stix and rockin' music, you will feel like a Rockstar!

JCC 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!

All indoor cycling classes are held in our Cycling Studio located on the lower level at the front of the building (access by elevator or staircase to the right of the Weinberg Rooms).

Youth Classes

Ages 9-14

Youth Indoor Cycling

An enjoyable class for tweens to learn the basics of indoor cycling with upbeat music and a fun atmosphere!

Kickboxing+

Learn basics of kickboxing moves PLUS explore varying fitness equipment to get a great exercise session!

Group Ex classes are open to all members 12+.

Please arrive on time to YOGA classes – late arrivals interrupt the meditative energy.

Classes and instructors are subject to change. We will make every effort to communicate changes in advance. New schedules will be released quarterly.

Check out our REDLIGHT/GREENLIGHT board in the GroupEx Studio. Classes in RED could be changed on the next schedule due to low attendance. So please provide feedback and invite others to attend a RED class before the next schedule!