



# GroupFit Schedule

Effective April 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7a <b>Sunrise Wake-Up Call!</b> <i>Debi</i>						
8:45-9:30a <b>Happy Monday</b> <i>Debi</i>	9:05-9:50a <b>Dance Pop</b> <i>Katie</i>	8:30-9:15a <b>Body Blast</b> <i>Elizabeth</i>	9-9:45a <b>Let it Burn!</b> <i>Shane</i>	8:45-9:30a <b>Raising the Barre</b> <i>Debi</i>	8:30-9:15a <b>Zumba</b> <i>Belinda</i>	8-8:45a <b>Athletic Circuit</b> <i>Eddy</i>
9:30-10:30a <b>Yoga</b> <i>Karen</i>	9:55-10:40a <b>Pilates</b> <i>Debi</i>	9:30-10:15a <b>Flow Yoga</b> <i>Tammy</i>	9:45-10:30a <b>Zumba</b> <i>Sandra</i>	9:30-10:30a <b>Yoga</b> <i>Karen</i>	9:30-10:15a <b>Let it Burn!</b> <i>Shane</i>	9-9:45a <b>Cardio Sculpt</b> <i>Shari</i>
	10:45-11:30a <b>Zumba</b> <i>Paola</i>	10:30-11:15a <b>Zumba Gold</b> <i>Miriam</i>	10:30-11:15a <b>Zumba Gold</b> <i>Miriam</i>	10-10:45a <b>Walking Club</b> (in gym) <i>Vin</i>		9:50-10:35 <b>Pilates</b> <i>Shari</i>
10:40-11:25a <b>Fusion</b> <i>Michelle</i>			<b>YOUTH</b> 4:30-5:15p <b>Fit Pulse</b> <i>Jenny</i>	10:40-11:25a <b>Fusion</b> <i>Colby</i>		10:35-11:20a <b>Zumba</b> <i>Sandra</i>
5:45-6:30p <b>Zumba</b> <i>Belinda</i>			5:15-5:45p <b>Body Blast Express</b> <i>Jenny</i>			
7:30-8:30p <b>Yoga</b> <i>Bridget</i>	8-8:45p <b>Athletic Circuit</b> <i>Vin</i>	7:15-8:15p <b>Yoga</b> <i>Linda</i>	7:30-8:30 <b>Yoga</b> <i>Bridget</i>			
Indoor Cycling						
				6-6:45a <i>Shari</i>	8:30-9:15a <i>Judy</i>	8-8:45a <i>Judy</i>
9:30-10:15a <i>Colby</i>		9:15-10:00a <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>	<b>YOUTH</b> 4:30-5:15p <i>Jenny</i> Ages 9-14	7:45-8:30p <i>Lee</i> Plus Weights 8:30-8:45p	7:45-8:30p <i>Judy</i>			



# GroupFit Schedule

Effective January 7

## 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®.

### **Dance Pop**

Make your dreams of starring in a music video come true by dancing and sweating to the latest pop and club hits

### **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.

### **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/Interval Classes

### **FUSION**

Try this low impact, 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.

### **Let it Burn!**

Going old school to get a top notch cardio burn using full body, boot camp style drills, but don’t worry, we keep it fun!

### **ATHLETIC CIRCUIT**

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

### **Cardio Sculpt**

A combination of cardio movements – followed by a sculpt session that ends with core work for abdominals. All levels can participate.

## JCC Indoor Cycling

Classes are 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 Cycle 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 9-12**

Our youth classes are designed to introduce kids to fitness in a safe, positive environment. The classes are primarily guided by what the kids want to learn and find fun!

### **Youth Indoor Cycling**

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

### **Fit Pulse**

Kids will get their pulse up and bodies moving by exploring fun fitness toys!

Group Ex classes are open to all members 12+.

All classes are first come first serve. Newcomers are always welcome!

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.

New Class schedules are released quarterly. Please see the fitness team for suggestions of things you’d like to see on future schedules!