



# GroupFit Schedule

Effective September 9<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7a <b>Sunrise Wake-Up Call!</b> <i>Debi</i>			6:30-7a <b>Sunrise Wake-Up Call!</b> <i>Debi</i>			
8:45-9:30a <b>Happy Monday</b> <i>Debi</i>	9:00-9:45a <b>Zumba</b> <i>Frank</i>	8:30-9:15a <b>Body Blast</b> <i>Elizabeth</i>	9-9:45a <b>Boot Camp</b> <i>Jenny</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>	9:45-10:30a <b>Pilates</b> <i>Debi</i>	9:30-10:30a <b>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>
10:30-11:15a <b>Fusion</b> <i>Michelle</i>	10:30-11:15a <b>Kickbox Boot Camp</b> <i>Jenny</i>	10:30-11:15a <b>Zumba Gold</b> <i>Miriam</i>	10:30-11:15a <b>Zumba Gold</b> <i>Miriam</i>	10:30-11:15a <b>Fusion</b> <i>Colby</i>		9:50-10:35a <b>Pilates</b> <i>Shari</i>
		11:30a-12:00p <b>Aqua Jam</b> <i>Martina</i> (indoor pool)		10:30-11:15a <b>Walking Club</b> <i>Vin</i> (gymnasium)		10:35-11:20a <b>Zumba</b> <i>Sandra</i>
5:45-6:30p <b>Zumba</b> <i>Belinda</i>		5:45-6:15p <b>Strong30</b> <i>Belinda</i>	<b>YOUTH</b> 4:30-5:15p <b>Fit Pulse</b> <i>Chris</i>			
7:30-8:30p <b>Yoga</b> <i>Bridget</i>	8-8:45p <b>Athletic Circuit</b> <i>Vin</i>	6:30-7:30p <b>Yoga</b> <i>Linda</i>	7:30-8:30 <b>Yoga</b> <i>Bridget</i>			
<b>JRIDE</b>						
		6-6:45a <i>Shari</i> <i>Interval</i>			8:30-9:15a <i>Judy</i> <i>Rhythm Ride</i>	8-8:45a <i>Judy</i> <i>Intro</i>
9:30-10:15a <i>Colby</i> <i>Strength</i>		9:15-10:00a <i>Elizabeth</i> <i>Interval</i>	8:45-9:30a <i>Karen</i> <i>Interval</i>	9:30-10:15a <i>Jenny</i> <i>Endurance</i>		9-9:45a <i>Craig</i> <i>Strength</i>
7:45-8:30p <i>Craig</i> <i>Endurance</i>		7:45-8:45p <i>Lee</i> <i>Rhythm &amp; Weights</i>	7:45-8:30p <i>Judy</i> <i>Strength</i>			



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## 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.

### **ATHLETIC CIRCUIT**

A full body burn and calorie scorcher in a circuit format with fun fitness 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.

### **BOOT CAMP**

Go all out in this full body strength and cardio conditioning class. Challenge yourself!

### **KICKBOX BOOT CAMP**

Challenge your fitness! Each class will have a fight sequence to work through to pumping music that will get you sweating!

### **AQUA JAM**

Work your heart and muscles while taking it easy on your joints by using water as your resistance.

### **FITNESS BABYSITTING**

8:30-10:45am 7 days/week  
\$1:50 for 15min or \$225 for month pass. Must have card on file and stay in the building.

For the most up to date information follow us on Facebook at **JCC Fitness & Wellness** or contact [iseigel@jccnj.org](mailto:iseigel@jccnj.org) to be put on the fitness enthusiast email list.

## 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.

### **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!

### **STRONG 30®**

Get a full body rockin' workout in an efficient 30 minutes!

## 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.

## 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®.

## JRide

JRide is our JCC Indoor Cycling community. Each class has a different style: Intro, Endurance, Strength, Interval, & Rhythm. Visit our website for descriptions.

JRide style schedule will rotate every 8 weeks to keep challenging and energizing you!

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

## Youth Fit Pulse

Kids age 9-12 will be introduced to fitness in a safe, positive environment. The classes are primarily guided by what the kids want to learn and find fun that day!

Group Fit 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 Class schedules are released quarterly. Please see the fitness team with feedback on current classes and suggestions of classes you'd like to see on future schedules!