



GroupFit Schedule

Effective January 8, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7a Sunrise Wake-Up Call! <i>Debi</i>			6:30-7a Sunrise Wake-Up Call! <i>Debi</i>			
8:45-9:30a Happy Monday <i>Debi</i>	9:00-9:45a Zumba <i>Frank</i>	8:30-9:15a Body Blast <i>Elizabeth</i>	9-9:45a Kickbox Boot Camp <i>Jenny</i>	8:45-9:30a Raising the Barre <i>Debi</i>	8:30-9:15a Zumba <i>Belinda</i>	8-8:45a Athletic Circuit <i>Eddy</i>
9:30-10:30a Yoga <i>Karen</i>	9:45-10:30a Pilates <i>Debi</i>	9:30-10:30a Yoga <i>Tammy</i>	9:45-10:30a Zumba <i>Sandra</i>	9:30-10:30a Yoga <i>Karen</i>	9:30-10:15a Let it Burn! <i>Shane</i>	9-9:45a Power Hour <i>Chris</i>
10:35-11:20a Fusion <i>Michelle</i>	10:30-11:15a Kickbox Gold <i>Jenny</i>	10:30-11:15a Zumba Gold <i>Miriam</i>	10:30-11:15a Zumba Gold <i>Miriam</i>	10:35-11:20a Fusion <i>Colby</i>		9:50-10:35a Pilates <i>Shari</i>
				10:00-10:45a Walking Club <i>Vin</i> (gymnasium)		10:35-11:20a Zumba <i>Sandra</i>
5:45-6:30p Zumba <i>Belinda</i>		5:45-6:15p Strong30 <i>Belinda</i>	4:45-5:30pm Power Hour <i>Chris</i>			
7:30-8:30p Yoga <i>Bridget</i>	8-8:45p Athletic Circuit <i>Vin</i>	6:30-7:30p Yoga <i>Linda</i>	7:30-8:30 Yoga <i>Bridget</i>			
JRIDE Indoor Cycling						
				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>Rebecca</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>Colby</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 & Weights</i>	7:45-8:30p <i>Judy</i> <i>Strength</i>			



GroupFit Schedule

Effective January 8, 2020

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.

POWER HOUR

Full body strength and conditioning power moves to torch calories and strengthen the body. Taught by a trainer - all levels welcome!

KICKBOX BOOT CAMP

20 minutes of HIIT style strength training and 20 minutes of cardio kickboxing for a fun, sweat inducing workout! *kickboxing utilizes air punches and kicks, so it is low impact and will not be physically punching bags.

KICKBOX GOLD

Low Impact cardio kickboxing. Using air punches and a slower beat so you can get a fun, unique workout while taking it easy on your joints.

FITNESS BABYSITTING

Saturdays & Sundays

8:30-11:30am

\$1.50 for 15min

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 jseigel@ccnj.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.

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).

Pop-Up Classes

Periodically we will hold short term pop-up classes. The purpose of these classes is to try out a newly trending workout format or a new time for a class for a few weeks to see if it merits being put on the regular schedule and to give you a taste for something new!

Follow us on Facebook at JCC Fitness & Wellness where we will post all updates and changes to the schedule and announce Pop-up classes!

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!