

JCC GroupEx Schedule

Schedule effective as of 9/17/2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 6:45a Indoor Cycling Craig				6:00 – 6:45a Indoor Cycling Shari	8:15 – 9:00a Zumba Belinda
6:30 – 7:00a Sun Rise Wake-Up Call! Debi		8:30 – 9:15a Upper /Lower Body Blast Elizabeth	8:45 – 9:30a Indoor Cycling Karen	8:45 – 9:30a Raising the Barre Debi	9:00 – 9:45a Indoor Cycling Judy
8:45 – 9:30a Happy Monday Debi	9:00 – 9:45a Pump It Up! Rebecca	9:15 – 10:00a Flow & Let Go Yoga Tammy	9:00 – 9:45a Pump It Up! Rebecca	9:30 – 10:30a Yoga Karen	9:30 – 10:15a Burn & Firm Shane
9:30 – 10:30a Yoga Karen	9:45 – 10:30a Pilates 'n More Debi	9:30 – 10:15a Indoor Cycling Elizabeth	9:45 – 10:30a Zumba Sandra	9:30 – 10:15a Indoor Cycling Elit	
9:30 – 10:15a Indoor Cycling Rebecca	10:45 – 11:30a Zumba Paola	10:30 – 11:15a Zumba Gold Miriam		10:00 – 11:00a Walking Club Vin (In the gymnasium)	SUNDAY
10:35 – 11:20a Cardio/Tone Fusion Michelle				10:40 – 11:25a Cardio/Tone Fusion Colby	8:00 – 8:45a Indoor Cycling Elit
	4:30 – 5:15p Indoor Cycling for "Tweens" Ages 9-12 Jenny		4:30 – 5:15p Cardio Kickboxing for "Tweens" Ages 9 -12 Jenny		8:00 – 8:45a Shed/Sweat Extreme Eddy
5:30 – 6:15p Zumba Belinda		6:00 – 6:45p Anything Goes Jenny			9:00 – 9:45a Burn & Firm Shari
7:30 – 8:30p Yoga Bridget			7:15 – 8:15p Yoga Bridget		9:00 – 9:45a Indoor Cycling Debi/Craig
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 Sandra

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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.

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 AND LET GO YOGA

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

Strength Classes

HAPPY MONDAY

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

UPPER/LOWER 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.

Cardio/Interval Classes

CARDIO/TONE 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!

SHED/SWEAT EXTREME

Cardio and strength with abs – everything for a full body workout.

SUN RISE WAKE-UP CALL

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

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!

ANYTHING GOES

Every week is different- you'll be surprised when you come to class and feel great when you leave.

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

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®.

Youth Classes

INDOOR CYCLING FOR "TWEENS" AGES 9 – 12

An enjoyable indoor cycling class for teens designed to build endurance and confidence!

CARDIO KICKBOXING FOR "TWEENS" AGES 9 – 12

Combines martial arts techniques with cardio, building stamina and improving coordination & flexibility.

Fitness Babysitting Hours:

Begins Saturday, 9/22

**Saturday/Sunday
8:30 – 10:30 a.m.**

\$6.00 per hour

Hours must be purchased in advance at the JCC Member Services Desk

No reservation required

**Please note:
Class schedules and instructors are subject to change. We will make every effort to communicate any changes in advance.**