



GROUP EXERCISE CLASS SCHEDULE

FEBRUARY 2018

LOCATION GUIDE

BB	Basketball Gym	S1	Studio 1	MP	Main Pool
		S2	Studio 2	TP	Therapy Pool

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MORNING	9:00 Spinning® S1 Cathy 10:15 BODYPUMP™ S1 Howard 10:00 Pilates S2 Pam 11:00 Zumba® S2 Pam 12:15 Restorative Yoga S2 Annie	6:30 Spinning® S1 Tony 8:15 H.I.I.T Express (30) S1 Tony ⌚ ★ 8:30 Deep H2O MP Mara 8:30 Hatha Yoga (75) S2 Yolanda 9:00 Zumba® Toning S1 Nancy 10:00 Life Fit S2 Mara 10:00 Pilates S1 Tiffany 11:00 Line Dance S2 Emily 11:00 Water Fitness MP Barbara 11:00 Warm Water Flex TP Christina	6:15 Body Sculpt (45) S1 Emily ⌚ ★ 8:15 H.I.I.T Express (30) S2 John ⌚ ★ 9:00 BODYPUMP™ S1 Tony 9:00 Barre S2 Emily 9:35 *SS Cardio BB Regina 10:00 Pilates (45) S2 Pam 10:10 Fit & Fab! S1 Tony 10:35 *SS Classic BB Regina 11:00 Zumba® Gold S1 Pam	6:30 Spin S1 Tony 8:15 H.I.I.T Express (30) S1 Tony ⌚ ★ 8:30 Hatha Yoga (75) S2 Alexa 9:00 Zumba® Toning S1 Nancy 10:00 Life Fit S2 Barbara 10:00 Pilates S1 Tiffany 11:00 Line Dance S2 Emily 11:00 Water Fitness MP Barbara 11:00 Warm Water Flex TP Mara	6:15 Body Sculpt (45) S1 John ⌚ ★ 8:15 H.I.I.T Express (30) S2 John ⌚ ★ 9:00 BODYPUMP™ S1 Colleen 9:00 Barre S2 Alexandra ⌚ ★ 9:35 *SS Cardio BB Regina 10:00 Pilates (45) S2 Pam 10:10 Fit & Fab! S1 Tony 10:35 *SS Classic BB Regina 11:00 Zumba® Gold S1 Pam	6:30 Spin S1 Tonja 9:00 H.I.I.T S1 Laura 9:00 Hatha Yoga S2 Kandice 10:00 Life Fit S1 Barbara 10:15 BODYFLOW® S2 Colleen ⌚ ★ 11:00 Zumba® Gold S1 Tiffany 11:00 Water Fitness MP Mara	8:15 Spinning® S1 Tonja 9:30 BODYPUMP™ S1 Howard 9:00 Hatha Yoga (75) S2 Crystal 10:30 BarreOne S2 Shea ⌚ ★	
	AFTERNOON		12:00 Water 4 Arthritis MP Barbara 12:10 Tabata S1 Debbie 12:30 Chair Yoga S2 Alexa	12:10 Cycle & Core S1 Tony 4:30 H.I.I.T (45) S1 Earnest ⌚ ★	12:00 Water 4 Arthritis MP Barbara 12:10 BODYPUMP™ S1 Alexandra 12:30 Chair Yoga S2 Lexi	12:00 Aqua Zumba® MP Christina ⌚ 12:10 Bootcamp S1 Tony 12:10 BODYFLOW® S2 Arlene 4:30 H.I.I.T (45) S1 Emily ⌚ ★	12:00 Water 4 Arthritis MP Mara 12:10 L.I.F.T./BODYPUMP™ S1 Tom/Tricia 12:30 Chair Yoga S2 Alexa	Fitness Key New Time New Class <i>*SS Denotes SilverSneakers</i>
			5:00 Core Blast (30) S2 Davida 5:30 Zumba® S1 Chaya 6:00 Aqua Zumba® MP Brittany 6:15 Hatha Yoga S2 Kandice/Crystal 6:45 BODYPUMP™ S1 Tricia	5:30 Spin S1 Tonja 6:35 Power Yoga S2 Crystal	5:00 Core Blast (30) S2 Davida 5:30 Zumba® (45) S1 Chaya 6:00 Aquacise MP Margo 6:00 Yin Yoga S2 Kandice 6:30 BODYPUMP™ S1 Alex	5:30 Cycle & Core S1 John/Cheryl 6:00 Zumba® (45) S2 Emily 7:00 Power Yoga S2 Charity		
							Featured Classes <div style="border: 1px solid red; padding: 5px;"> BODY SCULPT Define, sculpt, and build lean muscle, using free weights & resistance, ending with abs. All-levels! </div> <div style="border: 1px solid blue; padding: 5px;"> Interval-based class combines full-body strength training with high intensity cardio! </div> <p><i>*There will be no 9am Spin Class on 2/25</i></p>	

Group Class Descriptions

BODYPUMP™ - Barbell class that will sculpt, tone and strengthen your entire body. Intense training!

Cardio & Strength

Body Sculpt - A great way to define, sculpt and build lean muscle. Focusing on all major muscle groups with free weights and resistance, ending with abs. All-levels!

L.I.F.T - Lean.Intense.Fit.Tone. Intense interval class combining spurts of cardio, strength, and core work!

Spin/Cycle - Focus on improving your strength and aerobic endurance while burning lots of calories (Core work added to some classes)

Tabata - Workout hard for 20 seconds, rest for 10 seconds. Complete 8 rounds for the ultimate Tabata workout. Don't be afraid to sweat!

H.I.I.T - This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, & improve your endurance. Modifications for all fitness levels are provided.

Core Blast - By working your entire core including your abs, obliques, lower back and deep core stabilizers, this focused 30-minute class will blast your core into shape!!

Chair Yoga - Using a chair as an extension of your body, you will explore a variety of postures, and breathing techniques

Active Older Adults

Life Fit - A perfect all over workout that will target your entire body, using balls, bands, & weights. All abilities welcome!

Silver Sneakers®- These classes are specifically designed for older adults who want to improve their strength, cardio fitness, balance & flexibility.

Fit & Fab! Low-impact class offering muscle conditioning, cardio fitness, & fun!

Zumba® Gold - All the elements of a Zumba® Fitness party modified for active older participants or those new to Fitness.

Aquacise - A low to medium impact multi-level water class. Promote joint flexibility, range of motion and agility.

Water Fitness

Aqua Zumba® - Blends the philosophy of Zumba® with water resistance for a pool party you don't want to miss.

Deep H2O Fitness - Participants should be comfortable in the water. Focus on cardiovascular training & muscle conditioning.

Water 4 Arthritis - No swimming ability required. This class provides participants with gentle range of motion exercises.

Water Fitness - No swimming ability required. Improves endurance and tones muscles by using the resistance of the water.

Warm Water Flex - Held in the therapy pool this class uses shallow water moves to improve range of motion

BODYFLOW®- fuses yoga, tai chi, and pilates in a workout that builds flexibility, balance, and strength and leaves you feeling centered and calm

Mind & Body

Hatha Yoga - A relatively slow and gentle class. Great for students who prefer a more relaxed style where you hold poses longer.

Pilates - This class focuses on your "powerhouse" - the core. Abdominals and back are strengthened as well as toning major muscle groups

Power Yoga - A combination of strength & balance. You can expect to push yourself to new limits all while focusing on the breath.

Restorative Yoga - This multi-level class will provide the opportunity to refresh & restore. Stretching and asana for flexibility will accompany restorative poses.

Yin Yoga - Slow-paced style in which poses are held for a longer period of time. Increases circulation in the joints & improves flexibility.

Chair Yoga - Using a chair as an extension of your body, you will explore a variety of postures, and breathing techniques.

BarreOne work on Strength, flexibility & balance Choreographed to current hits, classic Motown, jazz, and classical music, BarreOne strikes the perfect balance of ballet aesthetic and modern fitness techniques.

MixedFit® - is a people-inspired dance fitness program that is a mix of explosive dancing and toning. Dance to your favorite radio songs!

Barre - a fun, energetic workout that fuses techniques from fitness, dance, pilates and yoga that will tone, define and chisel the whole body.

Line Dance - A low impact class, learning different Line Dances to an eclectic mix of music. All Levels!

Dance Fitness

Zumba® - High energy dance class set to Latin beats.
Zumba® Toning - Same great class using the toning sticks.

Zumba® Gold - All the elements of a Zumba® Fitness party modified for new participants.

Please note:

› All classes are 60-minutes, unless stated in parentheses. i.e **Hatha Yoga (75)** is noting a 75-minute class.

› Class time includes set-up and set-down. This allows the class following yours to begin on time.

For class questions please contact Emily: edrinkall@simonfamilyjcc.org

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