




# GROUP EXERCISE CLASS SCHEDULE

## APRIL 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	<b>9:00 Spinning®</b> S1 Cathy	<b>6:30 Spinning®</b> S1 Tony	<b>8:15 H.I.I.T Express (30)</b> S2 John	<b>6:30 Spin</b> S1 Tony	<b>8:15 H.I.I.T Express (30)</b> S2 John	<b>6:30 Spin</b> S1 Tonja	<b>8:15 Spinning®</b> S1 Tonja
	<b>10:15 BODYPUMP™</b> S1 Howard	<b>8:15 H.I.I.T Express (30)</b> S1 Tony	<b>9:00 BODYPUMP™</b> S1 Tony	<b>8:15 H.I.I.T Express (30)</b> S1 Tony	<b>9:00 BODYPUMP™</b> S1 Colleen	<b>9:00 H.I.I.T</b> S1 Laura	<b>9:30 BODYPUMP™</b> S1 Howard
	<b>10:00 Pilates</b> S2 Pam	<b>8:30 Deep H2O</b> MP Mara	<b>9:00 Barre</b> S2 Emily	<b>8:30 Hatha Yoga (75)</b> S2 Alexa	<b>9:00 Barre</b> S2 Alexandra	<b>9:00 Hatha Yoga</b> S2 Sharon	<b>9:00 Hatha Yoga (75)</b> S2 Crystal
	<b>11:00 Zumba®</b> S2 Pam	<b>8:30 Hatha Yoga (75)</b> S2 Yolanda	<b>9:35 *SS Cardio</b> BB Regina	<b>9:00 Zumba® Toning</b> S1 Nancy	<b>9:35 *SS Cardio</b> BB Regina	<b>10:00 Life Fit</b> S1 Barbara	<b>10:30 BarreOne</b> S2 Shea
	<b>12:15 Yin-storative Yoga</b> S2 Annie	<b>9:00 Zumba® Toning</b> S1 Nancy	<b>10:00 Pilates</b> S2 Pam	<b>10:00 Life Fit</b> S2 Barbara	<b>10:00 Pilates (45)</b> S2 Pam	<b>10:15 BODYFLOW®</b> S2 Colleen	
		<b>10:00 Life Fit</b> S2 Mara	<b>10:10 Fit &amp; Fab!</b> S1 Tony	<b>10:00 Pilates</b> S1 Tiffany	<b>10:10 Fit &amp; Fab!</b> S1 Tony	<b>11:00 Zumba® Gold</b> S1 Tiffany	
		<b>10:00 Pilates</b> S1 Tiffany	<b>10:35 *SS Classic</b> BB Regina	<b>11:00 Line Dance</b> S2 Emily	<b>10:35 *SS Classic</b> BB Regina	<b>11:00 Water Fitness</b> MP Mara	
		<b>11:00 Line Dance</b> S2 Emily	<b>11:00 Zumba® Gold</b> S1 Pam	<b>11:00 Water Fitness</b> MP Barbara	<b>11:00 Zumba® Gold</b> S1 Pam		
		<b>11:00 Water Fitness</b> MP Barbara	<b>11:00 BODYFLOW®</b> S2 Arlene				
AFTERNOON		<b>12:15 Warm Water Flex</b> TP Annie (45) ⌚	<b>12:15 Water Fitness (45)</b> MP Annie ⌚ ★	<b>12:00 Warm Water Flex</b> TP Mara	<b>12:00 Aqua Zumba®</b> MP Christina	<b>12:00 Water 4 Arthritis</b> MP Mara	<b>Fitness Key</b> ⌚ <i>New Time</i> ★ <i>New Class</i> *SS Denotes SilverSneakers
		<b>12:00 Water 4 Arthritis</b> MP Barbara	<b>12:10 H.I.I.T</b> S1 Rita	<b>12:00 Water 4 Arthritis</b> MP Barbara	<b>12:10 Bootcamp</b> S1 Tony	<b>12:10 BODYPUMP™ (45)</b> S1 Tricia	
		<b>12:10 Tabata</b> S1 Debbie		<b>12:10 BODYPUMP™ (45)</b> S1 Alexandra		<b>12:30 Chair Yoga</b> S2 Yolanda	
	<b>12:30 Chair Yoga</b> S2 Alexa	<b>4:30 H.I.I.T (45)</b> S1 Earnest	<b>12:30 Chair Yoga</b> S2 Lexi	<b>4:30 H.I.I.T (45)</b> S1 Emily			
	<b>5:15 Core Blast (30)</b> S2 Davida	<b>5:30 Spin</b> S1 Tonja	<b>5:30 Spin</b> S1 Tonja	<b>5:15 Core Blast (30)</b> S2 Davida	<b>6:00 Zumba® (45)</b> S2 Emily	<b>Yoga Fundamentals 6-week course</b>  <p>YOGA FUNDAMENTALS Your practice starts here.</p> <p>This 6-week course will provide you the foundations for a healthy &amp; confident journey into yoga. Learn basic poses, how to breathe in a yoga pose, &amp; how to transition in &amp; out of poses in a relaxed environment.</p> <p><b>Starts Sunday, April 8th - 1:30pm</b>            \$50 members, \$65 non-members</p>	
	<b>5:30 Zumba®</b> S1 Chaya	<b>6:15 Power Yoga</b> S2 Crystal ⌚	<b>5:30 Zumba® (45)</b> S1 Chaya	<b>5:30 Zumba® (45)</b> S1 Chaya	<b>7:00 Power Yoga</b> S2 Charity		
	<b>6:00 Aqua Zumba®</b> MP Brittany		<b>6:00 Aquacise</b> MP Margo (no class 4/4)	<b>6:00 Aquacise</b> MP Margo (no class 4/4)			
	<b>6:15 Hatha Yoga</b> S2 Crystal		<b>6:00 Yin Yoga</b> S2 Alexa	<b>6:00 Yin Yoga</b> S2 Alexa			
	<b>6:45 BODYPUMP™</b> S1 Tricia		<b>6:30 BODYPUMP™</b> S1 Alex	<b>6:30 BODYPUMP™</b> S1 Alex			

# Group Class Descriptions

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

## Cardio & Strength

**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!!

**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.

**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

## Active Older Adults

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

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

**Yin-storative** - Blending the perfect mix of Yin and Restorative Yoga, in this 60-minute class suited to all levels. Leave feeling refreshed and restored.

**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.

**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.

## Dance Fitness

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

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

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

**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](mailto:edrinkall@simonfamilyjcc.org)