




# GROUP EXERCISE CLASS SCHEDULE MAY 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> <b>S1</b> Cathy <b>10:15 BODYPUMP™</b> <b>S1</b> Howard <b>10:00 Pilates</b> <b>S2</b> Pam <b>11:00 Zumba®</b> <b>S2</b> Pam <b>12:15 Yin-storative Yoga</b> <b>S2</b> Annie	<b>6:30 Spinning®</b> <b>S1</b> Tony <b>8:15 H.I.I.T Express (30)</b> <b>S1</b> Tony <b>8:30 Deep H2O</b> <b>MP</b> Mara <b>8:30 Hatha Yoga (75)</b> <b>S2</b> Kim <b>9:00 Zumba® Toning</b> <b>S1</b> Nancy <b>10:00 Life Fit</b> <b>S2</b> Mara <b>10:00 Pilates</b> <b>S1</b> Tiffany <b>11:00 Line Dance</b> <b>S2</b> Emily <b>11:00 Water Fitness</b> <b>MP</b> Barbara	<b>8:15 H.I.I.T Express (30)</b> <b>S2</b> John <b>9:00 BODYPUMP™</b> <b>S1</b> Tony <b>9:00 Barre</b> <b>S2</b> Emily <b>9:45 *SS Cardio</b> <b>BB</b> Regina <b>10:00 Pilates</b> <b>S2</b> Pam <b>10:10 Fit &amp; Fab!</b> <b>S1</b> Tony <b>10:35 *SS Classic</b> <b>BB</b> Regina <b>11:00 Zumba® Gold</b> <b>S1</b> Pam <b>11:00 Yoga</b> <b>S2</b> John	<b>6:30 Spin</b> <b>S1</b> Tony <b>8:15 H.I.I.T Express (30)</b> <b>S1</b> Tony <b>8:30 Hatha Yoga (75)</b> <b>S2</b> Alexa <b>9:00 Zumba® Toning</b> <b>S1</b> Nancy <b>10:00 Life Fit</b> <b>S2</b> Barbara <b>10:00 Pilates</b> <b>S1</b> Tiffany <b>11:00 Line Dance</b> <b>S2</b> Emily <b>11:00 Water Fitness</b> <b>MP</b> Barbara	<b>8:15 H.I.I.T Express (30)</b> <b>S2</b> John <b>9:00 BODYPUMP™</b> <b>S1</b> Colleen <b>9:00 Barre</b> <b>S2</b> Alexandra <b>9:45 *SS Cardio</b> <b>BB</b> Regina no class 5/3 <b>10:00 Pilates (45)</b> <b>S2</b> Pam <b>10:10 Fit &amp; Fab!</b> <b>S1</b> Tony <b>10:35 *SS Classic</b> <b>BB</b> Regina no class 5/3 <b>11:00 Zumba® Gold</b> <b>S1</b> Pam	<b>6:30 Spin</b> <b>S1</b> Tonja <b>9:00 H.I.I.T</b> <b>S1</b> Laura <b>9:00 Hatha Yoga</b> <b>S2</b> Sharon <b>10:00 Life Fit</b> <b>S1</b> Barbara <b>10:15 BODYFLOW®</b> <b>S2</b> Colleen <b>11:00 Zumba® Gold</b> <b>S1</b> Tiffany <b>11:00 Water Fitness</b> <b>MP</b> Mara	<b>8:15 Spinning®</b> <b>S1</b> Tonja <b>9:30 BODYPUMP™</b> <b>S1</b> Howard <b>9:00 Hatha Yoga (75)</b> <b>S2</b> Crystal <b>10:30 BarreOne</b> <b>S2</b> Shea		
	AFTERNOON		<b>12:15 Warm Water Flex</b> <b>TP</b> Annie (45) <b>12:00 Water 4 Arthritis</b> <b>MP</b> Barbara <b>12:10 Tabata</b> <b>S1</b> Debbie <b>12:30 Chair Yoga</b> <b>S2</b> Alexa	<b>12:15 Water Fitness (45)</b> <b>MP</b> Annie <b>12:10 Cycle &amp; Core</b> <b>S1</b> Tom  <b>4:30 H.I.I.T (45)</b> <b>S1</b> Earnest	<b>12:00 Warm Water Flex</b> <b>TP</b> Mara <b>12:00 Water 4 Arthritis</b> <b>MP</b> Barbara <b>12:10 BODYPUMP™ (45)</b> <b>S1</b> Alexandra <b>12:30 Chair Yoga</b> <b>S2</b> Lexi	<b>12:00 Aqua Zumba®</b> <b>MP</b> Christina <b>12:10 Cycle &amp; Core</b> <b>S1</b> John  <b>4:30 H.I.I.T (45)</b> <b>S1</b> Emily	<b>12:00 Water 4 Arthritis</b> <b>MP</b> Mara <b>12:10 BODYPUMP™ (45)</b> <b>S1</b> Tricia <b>12:30 Chair Yoga</b> <b>S2</b> Rachel	<b>Fitness Key</b> New Time New Class <i>*SS Denotes SilverSneakers</i>	
			<b>5:15 Core Blast (30)</b> <b>S2</b> Davida <b>5:30 Zumba®</b> <b>S1</b> Chaya <b>6:00 Aqua Zumba®</b> <b>MP</b> Brittany <b>6:15 Hatha Yoga</b> <b>S2</b> Stacy <b>6:45 BODYPUMP™</b> <b>S1</b> Tricia	<b>5:30 Spin</b> <b>S1</b> Tonja <b>6:15 Power Yoga</b> <b>S2</b> Crystal <b>6:00 Aquacise</b> <b>MP</b> Margo	<b>5:15 Core Blast (30)</b> <b>S2</b> Davida <b>5:30 Zumba® (45)</b> <b>S1</b> Chaya <b>6:00 Yin Yoga</b> <b>S2</b> Alexa <b>6:30 BODYPUMP™</b> <b>S1</b> Alex	<b>6:00 Zumba® (45)</b> <b>S2</b> Emily <b>7:00 Power Yoga</b> <b>S2</b> Charity			
							<b>Memorial Day - May 28th</b> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Classes will run from 8am - 1:30pm on Memorial Day</b> </div>  <b>Gym Hours: 8am - 6pm</b>		

# 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