



GROUP EXERCISE CLASS SCHEDULE

DECEMBER 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	6:30 Spinning® S1 Tony (no class 24th)	6:30 H.I.I.T ★ S1 Ruth	6:30 Spinning® S1 Tony	6:30 LESMILLS BODYPUMP ★ S1 Ruth	6:30 Spinning® S1 Tonja	8:15 Spinning® S1 Tonja
	10:00 Pilates S2 Pam B./Penny (30th)	8:15 H.I.I.T Express (30) S1 Tony (no class 24th)	9:00 Aqua Zumba® MP Christina	8:15 H.I.I.T Express (30) S1 Tony (no class 26th)	9:00 Aqua Zumba® MP Christina	9:00 H.I.I.T. S1 Tom/Emily	9:30 LESMILLS BODYPUMP S1 Tricia/Yolanda (29th)
	11:00 Zumba® S2 Pam B./Tara (30th)	9:00 LESMILLS BODYFLOW S2 Arlene /Colleen (3rd)	9:00 LESMILLS BODYPUMP S1 Arlene/Colleen (4th)	8:30 Hatha Yoga (75) S2 Alexa/Charity (12th)	9:00 LESMILLS BODYPUMP S1 Colleen	9:00 Hatha Yoga S2 Alexa	9:00 Hatha Yoga (75) S2 Crystal
	12:15 Yin-Storative Yoga S2 Rachel (75 mins)	9:00 Zumba® Toning S1 Nancy	9:00 Barre S2 Emily	9:00 Zumba® Toning S1 Nancy/Tiffany (26th)	9:00 Barre S2 Alexandra	10:00 Life Fit S1 Barbara	10:30 BarreOne-Rotation S2 1st - Pam C.
		10:00 Life Fit S2 Cheryl	9:45 *SS Cardio BB Regina	10:00 Life Fit S2 Barbara	9:45 *SS Cardio BB Regina	10:15 LESMILLS BODYFLOW S2 Colleen	8th - Pam C. 15th - Emily 22nd - Pam C. 29th - Emily
		10:00 Pilates S1 Tiffany/Kim (3rd)	10:00 Pilates (45) S2 Pam B.	10:00 Pilates S1 Tiffany/Pam C	10:00 Pilates (45) S2 Pam B.	11:00 Zumba® S1 Tiffany/Rita (7th, 21st)	
		11:00 Line Dance S2 Emily/Yolanda (10th)	10:10 Fit & Fab! S1 Tony	11:00 Line Dance S2 Emily	10:10 Fit & Fab! S1 Tony	11:00 Water Fitness MP Cherrod	
		11:00 Water Fitness MP Barbara	10:35 *SS Classic BB Regina	11:00 Water Fitness MP Barbara	10:35 *SS Classic BB Regina	12:00 Water 4 Arthritis MP Cherrod	
			11:00 Zumba® Gold S1 Pam B.		11:00 Zumba® Gold S1 Pam B.		
	AFTERNOON		12:00 Warm Water Flex TP Emily/Yolanda (10th)	12:10 Cycle & Core S1 Tony	12:00 Warm Water Flex TP Emily	12:10 Bootcamp S1 Tony	12:10 LESMILLS BODYPUMP S1 Colleen
		12:00 Water 4 Arthritis MP Barbara		12:00 Water 4 Arthritis MP Barbara			
		12:10 Tabata S1 Debbie		12:10 LESMILLS BODYPUMP S1 Alexandra/Ruth (26th)		12:30 Chair Yoga S2 Rachel/Stacy 11-23-18	
		12:30 Chair Yoga S2 Alexa		12:30 Chair Yoga S2 Lexi			
EVENING		4:30 H.I.I.T. (45) ★ S1 Yolanda (starting the 10th)	4:30 H.I.I.T. (45) S1 Yolanda	4:30 H.I.I.T. (45) ★ S1 Yolanda	4:30 H.I.I.T. (45) S1 Emily/Yolanda (6th)	Dec. 24th Hours 8am - 11am	CHANUKAH! SENIORS PARTY Dec. 19th CONTACT: SHERYL LUEBKE 231-2334 sluebke@ujft.org
		5:30 Zumba® S1 Chaya	5:30 Spin S1 Tonja	5:30 Zumba® (45) S1 Chaya (no class 26th)	5:30 Zumba® (45) S2 Emily/Yolanda (6th)	Dec. 25th Hours 8am - 1pm No Classes	
		6:15 Vinyasa Yoga S2 Nikki	6:15 Power Yoga S2 Crystal/Alexa (20th)	6:00 Yin Yoga (no class 26th) S2 Alexa/Charity (12th)	5:30 Spin & Core S1 John	Dec. 26th Classes 9:00am - 1:30pm	
		6:45 LESMILLS BODYPUMP S1 Jessica/Yolanda	6:00 Aquacise MP Margo/Yolanda (4th)	6:45 MixedFit® (45) S1 Alicia (no class 26th)	6:30 LESMILLS BODYFLOW S2 Ruth	Dec 31st Hours 8am - 11am	
			6:30 Barre Express (30) S1 Tonja				

Group Class Descriptions

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

Cardio & Strength

Spinning® - 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.

Intervals - a low- to high-intensity workout interspersed with recovery for maximum endurance and cardiorespiratory effect.

Spin & Core - 30 minutes of strength and aerobic conditioning on stationary bikes followed by 30 minutes of core exercise.

Core Blast - A 30-minute intense core workout which will get your heart racing and your abs working. An engaging workout that will target your lower, upper, and side abdominal area.

Spin & Strength - low to high intensity strength and cardio using stationary bikes and free weights.

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.

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.

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.

MixedFit® - people-inspired fitness program that includes explosive dancing & boot camp toning for all fitness levels.

LES MILLS 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.

Yin-Storative - A wonderful blend Yin and Restorative Yoga. This class is suited to all levels. Leave feeling refreshed and restored.

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

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.

> **CHILDCARE** - For any group fitness class that finishes after 7pm, childcare will remain open past closing if you are taking the class.

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