



# GROUP EXERCISE CLASS SCHEDULE

FEBRUARY 2019

JCC 5000 Corporate Woods Dr., Virginia Beach, VA 23462

## 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	6:30 Body Flow/H.I.I.T S1 Ruth	6:30 Spinning® S1 Tony	6:30 LESMILLS BODYPUMP S1 Ruth/Kristine	6:30 Spinning® S1 Tonja	8:15 Spinning® S1 Tonja
	10:15 LESMILLS BODYPUMP S1 Kim	8:15 H.I.I.T Express (30) S1 Tony	8:00 Cardio Dance S2 Emily ★	8:15 H.I.I.T Express (30) S1 Tony	9:00 Aqua Zumba® MP Christina	9:00 H.I.I.T. S1 Emily	9:30 LESMILLS BODYPUMP S1 Tricia
	10:00 Pilates S2 Pam B.	9:00 LESMILLS BODYFLOW S2 Arlene	9:00 Aqua Zumba® MP Christina	8:30 Hatha Yoga (75) S2 Alexa	9:00 LESMILLS BODYPUMP S1 Colleen	9:00 Hatha Yoga S2 Alexa/Joyce	9:00 Hatha Yoga (75) S2 Crystal
	11:00 Zumba® S2 Pam B.	9:00 Zumba® Toning S1 Nancy	9:00 LESMILLS BODYPUMP S1 Arlene	9:00 Zumba® Toning S1 Nancy	9:00 Barre S2 Alexandra	10:00 Life Fit S1 Barbara	10:30 Barre-Rotation S2 2nd - Emily
	12:15 Yin-Storative Yoga S2 Rachel (75 mins)	10:00 Life Fit S2 Yolanda	9:00 Barre S2 Emily	10:00 Life Fit S2 Barbara	9:45 *SS Cardio BB Regina	10:15 LESMILLS BODYFLOW S2 Colleen	9th - Pam C. Yoga 16th - Emily 23rd - Emily
		10:00 Pilates S1 Tiffany	9:45 *SS Cardio BB Regina	10:00 Pilates S1 Tiffany	10:00 Pilates (45) S2 Pam B.	11:00 Zumba® S1 Tiffany	
		11:00 Line Dance S2 Emily	10:00 Pilates (45) S2 Pam B.	11:00 Line Dance S2 Emily	10:10 Fit & Fab! S1 Tony	11:00 Water Fitness MP Cherrod	
		11:00 Water Fitness MP Barbara	10:10 Fit & Fab! S1 Tony	11:00 Water Fitness MP Barbara	10:35 *SS Classic BB Regina	12:00 Water 4 Arthritis MP Cherrod	
			10:35 *SS Classic BB Regina		11:00 Zumba® Gold S1 Pam B.	12:00 Warm Water Flex TP Trace 2/8/19 ★	
	AFTERNOON		12:00 Warm Water Flex TP Emily	11:00 Zumba® Gold S1 Pam B.	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	12:10 Cycle & Core S1 Tony	12:00 Water 4 Arthritis MP Barbara			
		12:10 Tabata S1 Debbie		12:10 LESMILLS BODYPUMP S1 Alexandra			
		12:30 Chair Yoga S2 Alexa		12:30 Chair Yoga S2 Lexi		12:30 Chair Yoga S2 Rachel	
EVENING		4:30 H.I.I.T. (45) S1 Ruth	4:30 Cardio Circuit (45) S1 Jason	5:00 Yin Yoga S2 Alexa	4:30 H.I.I.T. (45) S1 Emily	Feb. 5th - IT Skill Building for Senior Consumers Register with JCC Front Desk Fee: \$30 Learn new skills on a tablet or your own phone! FEBRUARY IS HEALTH HEART MONTH KIDS MARTIAL ARTS/BOXING CLASSES BEGINS FEB. 4TH CALL TO REGISTER - 757-321-2338 Seniors Terrarium Workshop Thursday, March 7 1p - 2p JCC Rms. 238/239 Register with JCC Front Desk Fee: \$10 JCC Front Desk: Stop by the desk, call 757-321-2338	
		5:30 Zumba® S1 Chaya	5:30 Spin S1 Tonja	5:30 Zumba® (45) S1 Chaya	5:30 Zumba® (45) S2 Emily		
		6:15 Vinyasa Yoga S2 Nikki	6:15 Power Yoga S2 Crystal	6:15 MixedFit® (45) S2 Alicia	5:30 Spin & Core S1 John		
			6:00 Aquacise MP Margo	6:30 LESMILLS BODYPUMP S1 Yolanda	6:30 LESMILLS BODYFLOW S2 Ruth		
			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.

**Barre** - 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.

**Cardio Dance** - This is a fun dance class where you will learn dances such as the cha-cha-cha, waltz, east coast swing, Charleston & many more, but without needing a partner. The class is designed to help coordination, balance, rhythm, cardio endurance and to have fun!!

**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.

\_\_\_\_\_

|

