



GROUP EXERCISE CLASS SCHEDULE

APRIL 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 10:15 BODYPUMP S1 Kim 10:00 Pilates S2 Pam B. 11:00 Zumba® S2 Pam B. 12:15 Yin-Storative Yoga S2 Pam C. (75 mins)	6:30 Spinning® S1 Tony 8:15 H.I.I.T Express (30) S1 Tony 9:00 BODYFLOW S2 Arlene 9:00 Zumba® Toning S1 Nancy 10:00 Life Fit S2 Yolanda 10:00 Pilates S1 Tiffany 11:00 Line Dance S2 Emily 11:00 Water Fitness MP Barbara	6:30 Cycle & Strength S1 Laurie 8:00 Cardio Dance S2 Emily 9:00 BODYPUMP S1 Arlene 9:00 Barre S2 Emily 9:45 *SS Circuit BB Regina 10:00 Pilates (45) S2 Pam B. 10:10 Fit & Fab! S1 Tony 10:35 *SS Classic BB Regina 11:00 Zumba® Gold S1 Pam B.	6:30 Spinning® 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	9:00 BODYPUMP S1 Colleen 9:00 Barre S2 Alexandra 9:45 *SS Cardio BB Regina 9:30 Water Fitness MP Cherrod 10:00 Pilates (45) S2 Pam B. 10:10 Fit & Fab! S1 Tony 10:35 *SS Classic BB Regina 11:00 Zumba® Gold S1 Pam B.	6:30 Spinning® S1 Tonja 9:00 H.I.I.T. S1 Emily 9:00 Hatha Yoga S2 Alexa/Joyce 10:00 Life Fit S1 Barbara 10:15 BODYFLOW S2 Colleen 11:00 Zumba® S1 Tiffany 11:00 Water Fitness MP Cherrod 12:00 Water 4 Arthritis MP Cherrod 12:00 Warm Water Flex TP Trace	8:15 Spinning® S1 Tonja 9:30 BODYPUMP S1 Tricia 9:00 Hatha Yoga (75) S2 Crystal 10:30 Barre-Rotation S2 Emily		
	AFTERNOON		12:00 Warm Water Flex TP Emily 12:00 Water 4 Arthritis MP Barbara 12:10 Tabata S1 Debbie 12:30 Chair Yoga S2 Alexa	12:10 Cycle & Core S1 Tony 12:15 Aqua Zumba® MP Christina	12:00 Warm Water Flex TP Emily 12:00 Water 4 Arthritis MP Barbara 12:10 BODYPUMP S1 Alexandra 12:30 Chair Yoga S2 Lexi	12:10 Bootcamp S1 Tony	12:10 BODYPUMP S1 Colleen 12:30 Chair Yoga S2 Rachel	Fitness Key New Time New Class *SS Denotes SilverSneakers	
		EVENING	4:30 H.I.I.T. (45) S1 Ruth 5:30 Zumba® S1 Chaya 6:15 Vinyasa Yoga S2 Nikki	4:30 H.I.I.T. (45) S1 Ruth 5:30 Zumba® S1 Chaya 6:15 Vinyasa Yoga S2 Nikki	4:30 Cardio Circuit (45) S1 Jason 5:30 Spin S1 Tonja 6:15 Power Yoga S2 Crystal 6:00 Aquacise MP Margo 6:30 Barre Express (30) S1 Tonja	5:00 Yin Yoga S2 Pam C. 5:30 Zumba® (45) S1 Chaya 6:15 Core Flow (30) ★ S2 Tanya 7:00 Strong and Stable S2 Tanya ★ *** new classes begins April 17th	4:30 H.I.I.T. (45) S1 Emily 5:30 Zumba® (45) S2 Emily 5:30 Spin & Core S1 John 6:30 BODYFLOW S2 Ruth	JCC HOURS: MON - THURS 5AM-9:30PM FRIDAY 5AM - 6PM SAT AND SUN 8AM-6PM	NO CLASSES ON APRIL 20TH JCC IS CLOSED **** TRY OUR NEW CLASSES STRONG & STABLE AND CORE FLOW BEGINNING APRIL 17TH

Group Class Descriptions



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)

Les Mills Body Flow
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.

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.

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.

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.

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

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!

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.

Silver Sneakers®-

Circuit-fun with fitness to increase your cardio and muscular endurance, upper body strength work with weights, tubing and ball.

Classic-Designed to increase muscle strength range of motion and improve activities for daily living.

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.

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.

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

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

Dance Fitness

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.

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

Please note:

** All classes are 45 or 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.

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!!

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.

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