



GROUP EXERCISE CLASS SCHEDULE

MARCH 2020

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		6:30 Spin & More S1 Tony	6:30 20 /20/20 S1 Laurie	6:30 Spin & More S1 Tony	6:30 Lift and Core S1 John	6:30 Spinning® S1 Tonja	8:15 Spinning® S1 Tonja
	9:00 Spinning® S1 Cathy	8:15 H.I.I.T Express (30) S1 Tony	8:15 H.I.I.T Express (30) S1 Tony	8:15 H.I.I.T Express (30) S1 Tony	8:30 Barre S2 Alexandra	9:00 H.I.I.T. S1 Scott	9:00 Hatha Yoga (60 mins) S2 Pam
	10:15 Vinyasa Yoga S1 Pam C.	9:00 Zumba® Toning S1 Nancy	9:00 Barre S2 Emily	8:30 Hatha Yoga (75) S2 Alexa	9:00 LESMILLS BODYPUMP S1 Colleen	9:00 Hatha Yoga S2 Alexa	
	10:00 Pilates S2 Pam B.	9:00 Full Body Burn S2 Emily	9:00 LESMILLS BODYPUMP S1 Arlene	9:00 Zumba® Toning S1 Nancy	9:30 Stretch It Out S2 Alexandra	10:00 Life Fit S1 Barbara	
	11:00 Zumba® S2 Pam B.	10:00 Life Fit S2 Yolanda	9:45 SS Circuit BB Regina	10:00 Life Fit S2 Barbara	9:45 SS Circuit BB Regina	10:15 LESMILLS BODYFLOW S2 Colleen	
	12:15 Restorative/Yin Yoga S2 Elizabeth (75 mins)	10:00 Pilates S1 Tiffany	10:00 Pilates S2 Pam B.	10:00 Pilates S1 Tiffany	10:00 Pilates S2 Pam B.	11:00 Zumba® S1 Tiffany	
	3:00 Fitness Fun with Dorin S1 Dorin	11:00 Line Dance S2 Emily	10:10 Fit & Fab! S1 Tony	11:00 Line Dance S2 Emily	10:10 Fit & Fab! S1 Tony	11:00 Water Fitness MP Trace	
		10:00 Aqua Anything Goes MP Jill	10:35 SS Classic BB Regina	11:00 Stretch It Out S1 Yolanda/Tom	10:35 SS Classic BB Regina	12:00 Water 4 Arthritis MP Jill	
		11:00 Water Fitness MP Barbara/Yolanda	11:00 Zumba® Gold S1 Pam B.	11:00 Water Fitness MP Barbara/Yolanda	11:00 Zumba® Gold S1	12:00 Warm Water Flex TP Trace	
	AFTERNOON		12:00 Warm Water Flex TP Emily	11:00 Aqua Zumba® MP Nancy	12:00 Warm Water Flex TP Emily	11:00 Water Fitness MP Yolanda	12:10 LESMILLS BODYPUMP S1 Colleen
		12:00 Water 4 Arthritis MP Barbara/Yolanda	12:10 LESMILLS BODYPUMP CX Worx (30 mins) S1 Alexandra	12:00 Water 4 Arthritis MP Barbara/Yolanda	12:10 Bootcamp S1 Tony	12:30 Chair Yoga S2 Rachel	
		12:10 Mad Minute S1 Bethany		12:10 Cycle & Core S1 Tony		4:45 SPECIAL NEEDS YOGA S2 Tiffani	
		12:30 Chair Yoga S2 Rachel		12:30 Chair Yoga S2 Lexi			
EVENING		4:30 H.I.I.T. S1 Ruth	5:00 Spin & More S1 Tonja	4:30 CycleXPress S1 Earnest	4:30 H.I.I.T. S1 Jason	NEW MEMBERSHIP **** STOP BY THE FRONT DESK & ASK ABOUT OUR NEW SILVER SNEAKERS PLUS & RENEW ACTIVE PLUS MEMBERSHIPS	INFORMATION **** RENEW ACTIVE MEMBERSHIPS ARE NOW AVAILABLE AT THE J!!!!!! **** DON'T FORGET TO BRING YOUR KIDS TO HAVE FUN WITH DORIN ON SUNDAYS
		5:30 Zumba® S1 Chaya	6:00 Aquacise MP Margo	5:00 Yin Yoga (60 mins) S2 Pam C.	5:30 Zumba® S2 Toni		
		6:15 Vinyasa Yoga S2 Pam C.	5:30 Self Defense S2 Ron	5:30 Zumba® S1 Chaya	5:30 Self Defense S1 Ron		
		6:15 Karate S1 Ron	6:15 Power Yoga (60 mins) S2 Pam C.	6:15 Karate S1 Ron	6:30 LESMILLS BODYFLOW S2 Ruth		
		6:30 Barre & Body Flow S2 Arlene					

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.

Mad Minute - Workout hard at a fast pace in this high energy class that uses a WIDE variety of music as cues.

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 & More - A combination of Spinning and strength and core conditioning that will improve your daily living.

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.

20/20/20 - 20 mins. of Cycling, 20 mins of Core work and 20 mins of Yoga.

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.

Vinyasa Yoga - a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

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.

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

Aqua Anything Goes - This shallow water workout could include cardio, core, balance and strength training... but how? A variety of formats included but not limited to Tabata, noodle work, weight training, Barre, or maybe just your body weight combined with the water's resistance.

Dance Fitness

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

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

Zumba® - High energy dance class set to Latin beats. **Zumba® Toning** - Same great class using the toning sticks.

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.

SELF-DEFENSE - Learn basic skills to help with anti-bullying & avoidance. Great for the entire family to promote safety & confidence!

KARATE - Traditional karate taught to improve your focus, discipline, conditioning, strength, and flexibility.

LIFT & CORE - Enjoy a full body workout that combines strength training and core work. Modifications will be provided as needed and all fitness levels are welcome.

CYCLEXPRESS - This class is a great way to end your work day and relieve stress. You will build your cardiovascular fitness while improving muscular strength and endurance and core. All fitness levels are welcome

BARRE & BODY FLOW - This class is a combination of Barre and Body Flow

FULL BODY BURN - will target every major muscle group in 45 mins. with heart pumping cardio, full body strength and agility. You will torch those calories and create lean muscle and increase endurance.

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