



GROUP EXERCISE

WELCOME BACK! WEEK OF JUNE 8-14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - Barre Emily Studio 1	9:30 - Fit & Fab Regina Basketball Court	9:00 - Zumba Nancy Basketball Court	9:00 - Spinning Tonja MPR	9:00 - Hatha Yoga Alexa Live & Via Zoom	9:30 - Vinyasa Yoga Pam C. Basketball Court	9:00 - CycleXPress Earnest Basketball Court
9:00 - Spinning Tonja MPR	10:00 - Aqua Zumba Nancy Outdoor Pool	9:00 - Hatha Yoga Alexa Live & Via Zoom	9:45 - Fit & Fab Regina Basketball Court			10:00 - Vinyasa Yoga Pam C. MPR
10:00 - Line Dance Emily Studio 1	10:30 - Dance Yolanda Basketball Court	10:00 - Pilates Tiffany Basketball Court	10:45 - Pilates Regina Basketball Court			10:30 - Body Pump Earnest Basketball Court
10:00 - Pilates Tiffany Basketball Court	10:45 - Pilates Regina Studio 1	11:00 - Meditation Rachel (45 min) Studio 2	11:00 - Water Fit. Margot Outdoor Pool	11:00 - Zumba Tiffany Basketball Court		11:00 - Zumba Justine Basketball Court
11:00 - Body Pump Arlene (90 min) MPR	11:30 - Abs/Core Yolanda (30 min) Basketball Court	11:00 - Line Dance Emily Basketball Court		11:00 - Water Fit. Trace Outdoor Pool		
11:00 - Water Fit. Barbara Outdoor Pool		11:00 - Water Fit. Barbara Outdoor Pool				
12:00 - Water 4 Arthritis Trace Indoor Pool		12:00 - Water 4 Arthritis Trace Indoor Pool		12:00 - Water 4 Arthritis Trace Indoor Pool		12:00 - Yin Yoga Elizabeth Studio 2
12:00 - Mad Minute Bethany Basketball Court		12:30 - Chair Yoga Lexi Basketball Court		12:30 - Chair Yoga Rachel Basketball Court		
12:30 - Chair Yoga Rachel Studio 1						
4:00 - Body Pump Earnest Basketball Court			5:00 - Body Flow Arlene Studio 1			
5:00 - CX Work Alex Basketball Court		5:00 - Yin Yoga Pam C. Studio 2	5:00 - Zumba Toni Basketball Court			

CLASSES ARE FOR ALL FITNESS LEVELS

GO TO SIMONFAMILYJCC.ORG TO RESERVE YOUR SPOT

Group Class Descriptions

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)

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.

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

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.

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.