## GROUP EXERCISE
### WELCOME BACK! WEEK OF JUNE 8-14

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>9:00 - Barre Emily  Studio 1</td>
<td>9:30 - Fit &amp; Fab Regina Basketball Court</td>
<td>9:00 - Zumba Nancy  Basketball Court</td>
<td>9:00 - Spinning Tonja MPR</td>
<td>9:00 - Hatha Yoga Alexa Live &amp; Via Zoom</td>
<td>9:30 - Vinyasa Yoga Pam C. Basketball Court</td>
<td>9:00 - CycleXPress Earnest Basketball Court</td>
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<tr>
<td>9:00 - Spinning Tonja MPR</td>
<td>10:00 - Line Dance Yolanda Outdoor Pool</td>
<td>9:00 - Hatha Yoga  Regina Basketball Court</td>
<td>9:45 - Fit &amp; Fab Regina Basketball Court</td>
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<td>10:00 - Vinyasa Yoga Pam C. MPR</td>
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<tr>
<td>10:00 - Line Dance  Studio 1</td>
<td>10:30 - Dance Yolanda Basketball Court</td>
<td>10:00 - Pilates Tiffany Basketball Court</td>
<td>10:45 - Pilates Tiffany Regina Basketball Court</td>
<td>11:00 - Zumba Tiffany Basketball Court</td>
<td>10:30 - Body Pump Earnest Basketball Court</td>
<td>11:00 - Zumba Justine Basketball Court</td>
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<tr>
<td>10:00 - Pilates Tiffany Basketball Court</td>
<td>10:45 - Pilates Regina Studio 1</td>
<td>11:00 - Meditation Rachel (45 min) Studio 2</td>
<td>11:00 - Water Fit. Margot Outdoor Pool</td>
<td>11:00 - Water Fit. Trace Outdoor Pool</td>
<td>12:00 - Water 4 Arthritis Trace Indoor Pool</td>
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<tr>
<td>11:00 - Body Pump Arlene (90 min) MPR</td>
<td>11:30 - Abs/Core Yolanda (30 min) Studio 1</td>
<td>11:00 - Line Dance Emily Basketball Court</td>
<td>11:00 - Water Fit. Barbara Outdoor Pool</td>
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<td>12:30 - Chair Yoga Rachel Basketball Court</td>
<td>12:00 - Yin Yoga Elizabeth Studio 2</td>
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<td>11:00 - Water Fit. Barbara Outdoor Pool</td>
<td>12:00 - Mad Minute Bethany Basketball Court</td>
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<td>14:00 - Yin Yoga Elizabeth Studio 2</td>
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<td>12:00 - Water 4 Arthritis Trace Indoor Pool</td>
<td>12:30 - Chair Yoga Lexi Basketball Court</td>
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<tr>
<td>12:00 - Body Pump Earnest Basketball Court</td>
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<tr>
<td>12:30 - Chair Yoga Rachel Basketball Court</td>
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<td>4:00 - Body Flow Arlene Studio 1</td>
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<td>16:00 - Yin Yoga Elizabeth Studio 2</td>
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<td>5:00 - CX Work Alex Basketball Court</td>
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<td>5:00 - Yin Yoga Pam C. Studio 2</td>
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<td>5:00 - Zumba Toni Basketball Court</td>
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**CLASSES ARE FOR ALL FITNESS LEVELS**

**GO TO SIMONFAMILYJCC.ORG TO RESERVE YOUR SPOT**
## Group Class Descriptions

### Barbell Class

- **Barbell that will sculpt, tone and strengthen your entire body. Intense training!**

### Cardio & Strength

- **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.
- **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.

### Mind & Body

- **Chair Yoga** - Using a chair as an extension of your body, you will explore a variety of postures, and breathing techniques.
- **Life Fit** - A perfect all over workout that will target your entire body, using balls, bands, & weights. All abilities welcome!
- **Hatha Yoga** - A relatively slow and gentle class. Great for students who prefer a more relaxed style where you hold poses longer.
- **Mind & Body** - Fuses yoga, tai chi, and pilates in a workout that builds flexibility, balance, and strength and leaves you feeling centered and calm.
- **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 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.
- **Vinyasa Yoga** - A style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

### Active Older Adults

- **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!
- **Deep H2O Fitness** - Participants should be comfortable in the water. Focus on cardiovascular training & muscle conditioning.
- **Aquacise** - A low to medium impact multi-level water class. Promote joint flexibility, range of motion and agility.
- **Water 4 Arthritis** - No swimming ability required. This class provides participants with gentle range of motion exercises.
- **Aquavolution®** - Blends the philosophy of Zumba® with water resistance for a pool party you don't want to miss.
- **Deep H2O 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!
- **Zumba® Gold** - All the elements of a Zumba® Fitness party modified for new participants.
- **Zumba® Gold®** - All the elements of a Zumba® Fitness party modified for all fitness levels.
- **Zumba®®** - High energy dance class set to Latin beats. Zumba® Toning - Same great class using the toning sticks.

### Barre

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

### Lift & Core

- **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

- **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

- **Barre & Body Flow** - This class is a combination of Barre and Body Flow

### Full Body Burn

- **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.

### Self-Defense

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

### Karate

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

### CYCLEXPRESS

- **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.