



GROUP FITNESS SCHEDULE

JCC Group Fitness is an important component of the JCC membership experience. With a wide variety of offerings, for members of all skills, this array of classes is a complimentary benefit to all members of the JCC. Led by highly experienced professionals – and ranging from high-intensity cardio, strength building, water-based training, and mind-body – you’re sure to find the right class for your interests and to meet your goals.

Monday		Location	Thursday	Location
5:30AM	Turbo Circuit	Jackie A	5:30AM	Indoor Cycling Margaret C
5:30	Indoor Cycling	Margaret C	6:00	Boot Camp Ally A
8:00	Fitness Intervals	Patty A	8:00	Zen Fit Kurt A
8:30	Aquafit-Shallow	Janae P	8:30*	Yoga-Level 2 Sue Y
8:55*	Butts n Guts	Patty A	8:30	Aquafit-Shallow Jo Ann P
9:15	Indoor Cycling	Terri C	8:30	Insanity Marcela G
9:30	Insanity	Marcela G	9:00	Fit 'n' Fun Katie B
9:30	Zumba	Shara B	9:15*	Core Fit + Stretch Terri A
9:30*	Aquafit-Deep	Janae P	10:00	Yoga Flex Kurt Y
9:40	Fit 'n' Fun	Patty A	10:00	Chair Yoga Sue B
10:45	Nia	Dori A	10:15*	Splash Jo Ann P
5:00PM	Indoor Cycling	Jack C	6:30PM	Yoga Level 1 Sue Y
6:00	Zumba	Marcela B		
6:00	Boot Camp	Andy A	Friday	Location
7:15	Yoga-Level 1	Kurt Y	6:00PM	Indoor Cycling Frazer C
			8:00	Fitness Intervals Katie A
Tuesday		Location	8:30	Aquafit-Shallow Janae P
6:00AM	Indoor Cycling	Joanne C	8:55*	Butts n Guts Kirsten B
6:00	HIYP	Kurt A	9:00	Slow Flow Yoga Howard Y
8:00	Core Fit	Terri A	9:15	Indoor Cycling Lisa C
8:00	Boxing	Stan B	9:30	Aquafit-Deep Janae P
8:15	Indoor Cycle/Yoga	Kurt C	9:30	Revolve Kirsten B
8:30*	Yoga-Level 2	Steve Y	9:30	Zumba Kaye A
8:30	Aquafit-Shallow	Carolyn N P	10:45	Nia Dori A
9:00	Fit 'n' Fun	Sandy B		
9:15*	T.B.C.	Terri A	Saturday	Location
10:00	Tai Chi	Sandy B	8:10AM	Step Plus! Jane A
5:00PM	Indoor Cycling	Michelle C	8:30	Indoor Cycling Jack C
6:00	Step Plus!	Jane A	8:30	Yoga Level 1 Susie B
			9:15	Body Blast Ally A
Wednesday		Location	9:30	Indoor Cycling Michelle C
5:30AM	Yoga-Level 1	Stan Y		
7:15	Indoor Cycling	Kevin C	Sunday	Location
8:00	Fitness Fusion	Patty A	8:10AM	Step Plus! Rotation A
8:30	Aquafit-Shallow	Sandy P	8:15	Indoor Cycling Angela C
8:55*	Butts n Guts	Patty A	8:30	Yoga Level 1 Jill Y
9:15	Indoor Cycling	Terri C	9:30	Indoor Cycling Joanne C
9:30	Mindful Yoga	Jamie Lynn Y	10:00 <i>as of 11/11</i>	Mixed Level Yoga Vlada Y
9:30	Body Blast	Marcela A	9:15*	T.B.C. (Women Only) Terri B
9:30	Zumba	Shara B	10:15	Zumba Jane A
9:30	Aquafit-Deep	Betsy P		
9:45	Fit 'n' Fun	Kirsten G		
6:00PM	Indoor Cycling	Angela C		
6:00	Zumba	Jane B		
6:00	Revolve	Michelle A		

* All classes are 55 minutes unless otherwise noted

LOCATION KEY			
A STUDIO A	P PECK POOL	B STUDIO B	WP Water Park
C INDOOR CYCLING STUDIO	Y YOGA STUDIO	G MARCUS GYM	

♥ Cardio	🏋️ Strength	💧 Water	🧘 Mind/Body
Aquafit-Shallow (L1) Cardiovascular, strength and core work done in shallow water. 💧	Aquafit-Deep (L2) Cardiovascular, strength and core work done in deep water. *45 min. 💧	Aqua Zumba (L1) Combines the moves from traditional Zumba with water resistance to create one fun full body workout! 💧	Nia (L1) Holistic fitness incorporating martial arts, dance and healing arts. All levels and abilities welcome. Free to community members. 🧘♥
Body Blast (L2) Interval style class focused on building muscle and making you sweat. ♥🏋️	Boot Camp (L3) High intensity class combining cardiovascular plyometric moves with full body strength circuits. ♥🏋️	Butts n Guts (L2) Strictly dedicated to strengthening the core and lower body muscles. *30 min. 🏋️	Revolve (L3) Class style changes bi-weekly, instructor stays the same, great workout guaranteed! ♥🏋️
Core Fit (L2) Challenging strength class focusing on alignment and form using the stability ball to improve posture and core strength. + Stretch 15 min. dedicated to stretching *75 min. on Thursday* 🏋️	Cycle-Yoga (L2) High Intensity Cycle / Yogic Stretch: Work hard for 30 minutes on the cycle and then stretch it out & relax for another 30 minutes. The best of both worlds! ♥🧘	Fit n' Fun (L1) A total body workout that is safe and effective for almost anyone. Perfect for individuals over the age of 55 years young! ♥🏋️	Splash (L1) Low impact shallow water exercise class focusing on cardio, balance, and strength. Perfect for those beginning an exercise program.*45 min Tues, 30 min Thurs.* 💧
Fitness Fusion (L2) Embrace Yoga with a mix of high/low impact exercises to challenge you differently each class. ♥🏋️	Fitness Intervals (L2) Alternating aerobics dance moves with strength training and abdominal exercise. ♥🏋️	Indoor Cycling (L1-L3) Motivational music and innovative instructors take your ride on a calorie burning adventure. Reservations required. ♥	Step Plus! (L2) All the benefits from a cardiovascular workout on the step, along with a strength workout using various types of “power tools” (slides, gliders, bands, weights, and more) ♥🏋️
Indoor Cycling (L1-L3) Motivational music and innovative instructors take your ride on a calorie burning adventure. Reservations required. ♥	Insanity (L3) Work in 3-5-minute blocks and push your body to the max. ♥🏋️	Kickboxing (L3) Combo of boxing, martial arts and body weight exercises. Kick, jab, cross, hook and uppercut your way to a fitter you! ♥🏋️	Tai Chi for Arthritis (L1) Sun and Qui Gong forms of Tai Chi modified for people with arthritis. 🧘
			Tai Chi for Energy (L1) Sun and Chen styles of Tai Chi modified for almost anyone. Feel refreshed, focused and energized! 🧘
			T.B.C. (L2) Total Body Conditioning is a head to toe strength training workout using a variety of equipment. *75 min.* 🏋️
			Turbo Circuit (L3) A fast paced experience that combines strength and cardio moves into one total body circuit. ♥🏋️
			Zen Fit (L1) Focused on developing core strength, balance and muscle endurance using yoga, Pilates principles, and strength conditioning. 🧘
			Zumba (L2) An energizing, fat-burning workout using Latin dance moves for a workout that's more fun than it is work. ♥
			Zumba Toning (L2) Utilizes toning sticks to combine targeted body-sculpting exercises and high-energy cardio work with Zumba moves.♥🏋️

L1 Level 1, minimum ability: able to walk. Slower pace, multiple modifications
L2 Level 2, minimum ability: power walk and rise from the floor easily. Medium pace, modifications presented when available
L3 Level 3, minimum ability: run, jump, squat and be able to transition from standing to floor exercises. Fast pace, minimal modifications. Not recommended for participants who are beginning an exercise program.